

THE FRESH START ISSUE: REBOOT YOUR TRAINING AND NUTRITION

AUSTRALIAN

IRONMAN

BUILDING & FITNESS MAGAZINE

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CRAZY
CORE**

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2016 ABS**

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**THE
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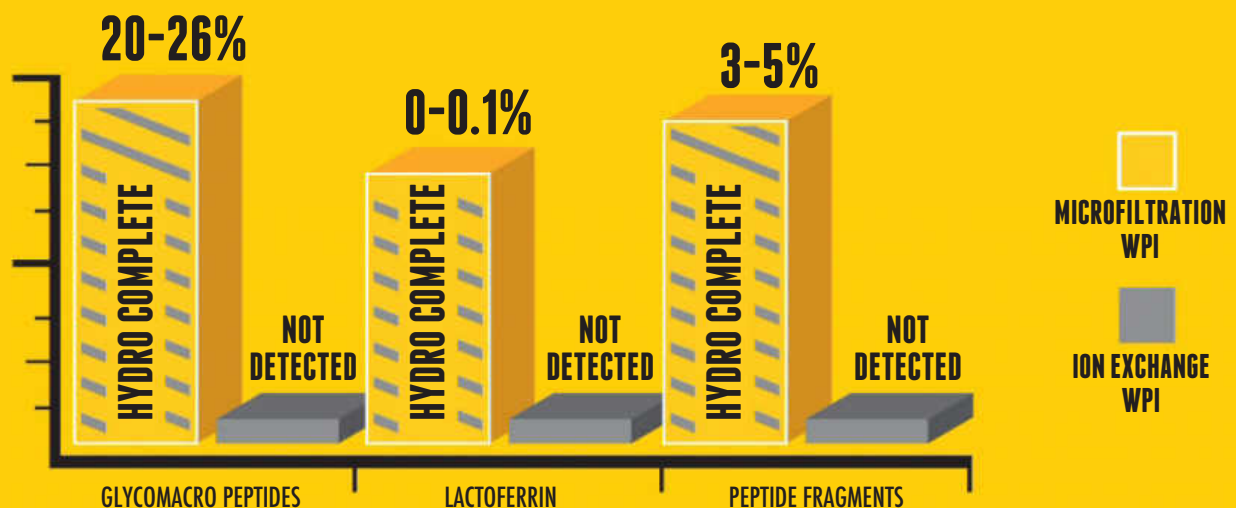
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PROTEIN

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114

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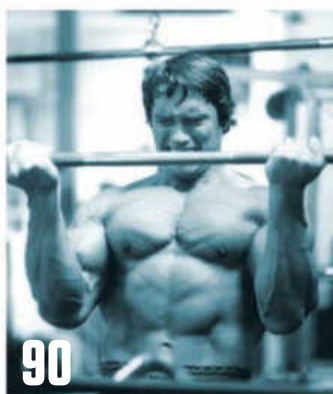


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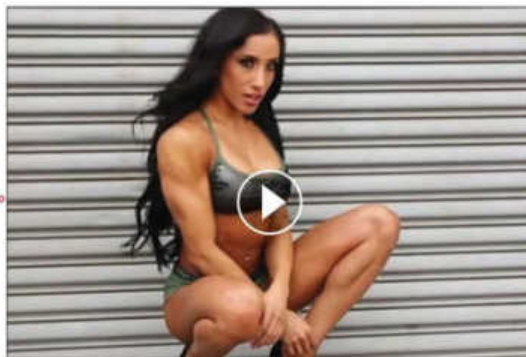
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IM

PUBLISHER'S LETTER

Time to Reboot

By Silvio Morelli



The beginning of the new year presents us with the opportunity to refresh and reset. It's a time to draw a line under the previous year and focus on the time ahead. Whether you want to make progress in your training, your nutrition or in your life in general, this is when we take stock and look forward with excitement; to set new goals and get going.

With that in mind, this edition is our Fresh Start issue. The idea is to reboot your training and nutrition for 2016 and start the year refreshed and raring to go. The longer you're away from your regular routine, the harder it is to fit back into the groove. Your fitness level can drop dramatically after only a couple for weeks away from the gym or a regulated meal plan.

But it's not always easy, so *Iron Man* is here to help you along with targeted articles just to get you going.

Dr. Susan Baxter's 'I'll Be Back' feature is designed to give you both information and inspiration to get out of any training slump you might be in to prepare for a successful new year.

You'll also find 'The Hunger Game', which is about hacking your hunger with four big concepts to make dieting easier this summer; while Ben Siong's 'Stronger, Bigger, Faster' takes a look at bringing up your weaknesses to put your best foot forward for the year to come. His six tips for fixing muscular imbalances will give you both food for thought and also new training ideas.

Speaking of which, our 'Crazy Abs' feature will leave you in no doubt about how to bring your abs to the party (as long as your nutrition is on point), and 'Do More Work' has some intense barbell complexes to get your heart racing, build your work capacity and up your conditioning for fat loss, strength and hypertrophy.

It's a brand new year, which deserves a brand new start and refreshed you, with *Iron Man* still here as your virtual training partner. Here's to 2016 being the year of smashing through your plateaus and continuing your progress to be the best you can be.

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Nathan Wallace

Natural Body-building Sensation

Natural Body-building Sensation Nathan Wallace may be one of the most dedicated, disciplined and mindful young body-builders on the Natural World Circuit today. Nathan understands the importance of high quality supplementation to a nutritionally sound diet plan. That's why Nathan chooses GEN-TEC.

Ange & Nick Jones

Figure Champion / GEN-TEC Founder

Body-builders and Figure/Fitness competitors like World Champion and GEN-TEC founder Nick Jones and Australian Figure Champion, Ange Jones use high quality supplementation to boost training intensity and enhance their goal of a lean muscular physique.

Joel Ramintas

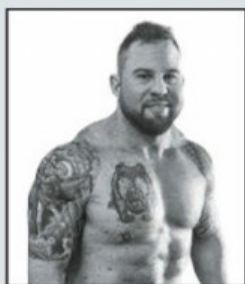
Natural Mr World, Mr Olympia & Mr Australia

Popular veteran Natural Body-building Champion Joel Ramintas has earned himself an abundance of Australian and International Body-building titles. Joel is the original GEN-TEC sponsored athlete who stands for everything GEN-TEC prides itself on; dedication, intelligence, persistence, innovation and integrity.



Ingrid Barclay

Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Her website is bodyconquest.com.au.



Brian Carroll

Brian Carroll is one of the most accomplished powerlifters in the history of the sport. After suffering a debilitating back injury in 2012 — including several broken bones — he used the principles described in his book *10/20/Life* to return to competition. For more info, check out powerrackstrength.com.



Fiona Flanders

Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships. She sells a range of high-energy snacks suitable for pre- and post-workout nutrition, high-energy nutrition plans or for a delicious, no-nonsense snack at thelittleladywhocould.com.au.



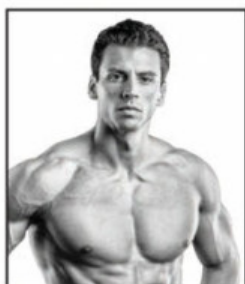
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Benjamin Siong is a strength coach and the founder of Australian Strength Performance, a high-performance company focused on empowering individuals in their sport and mindset. As Melbourne's first Level 3 Poliquin Strength Coach, Ben has worked with top international athletes in a variety of sports, as well as with champion bodybuilders and models. He is contactable through www.trainasp.com.au.



Josh Dickinson

Josh Dickinson is a certified body transformation specialist with more than 15 years' experience in the industry. His qualifications include Sports Nutrition Specialist from the International Society of Sports Nutrition, a RECOMP-certified consultant and Metabolic Precision Level 4. He has competed in more than 28 bodybuilding competitions and is the founder of www.physique-essentials.com.



Adam Gonzalez

Adam M. Gonzalez received his PhD in exercise physiology at the University of Central Florida and is currently an assistant professor at Hofstra University. Gonzalez is also an NGA Natural Physique Pro. Gonzalez covers new scientific developments and strategies in training, nutrition, and supplementation for *Iron Man*.



Thomas DeLauer

Thomas DeLauer is an accomplished fitness cover model and writer who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. You can follow him on Twitter @thomasdelauer and [facebook.com/Thomas.DeLauer](https://www.facebook.com/Thomas.DeLauer).



Susan Baxter

Dr. Susan Baxter is an NZIFBB bikini competitor and Rule One athlete who presents seminars and workshops at international fitness expos and scientific conferences. She holds a PhD in exercise and health psychology from the University of Otago and has a strong commitment to research-driven results for overcoming barriers to exercise and enhancing and facilitating evidence-based practice. Check out her 'Suz Baxter' athlete page on Facebook for more fit tips and information.

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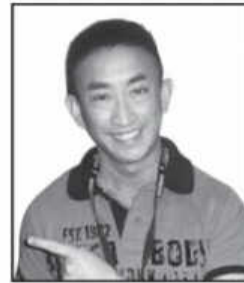
Daniel Hedger

Daniel Hedger has been the editor of *Australian Iron Man* since 2008. He has a BA from the University of Melbourne, a Graduate Diploma in Creative Writing from La Trobe University and a Responsible Service of Alcohol that he's never used. His all-time favourite bodybuilders are Dexter Jackson and Bob Paris.



Jonathan Mike

An assistant professor in the Exercise Science program at Lindenwood University in St. Louis, USA, Mike is a member of the National Strength and Conditioning Association (NSCA) Certification Exam Developing Committee and Job Analysis Committee, and a member of the Personal Trainers Special Interest Group. He is a frequent lecturer at NSCA conferences, and is an avid strongman competitor.



Vance Ang

Vance Ang has written for *Iron Man* for 10 years and is considered a doyen of the Australian bodybuilding and fitness industry. His academic background is in law and political science but his heart has always been in bodybuilding.



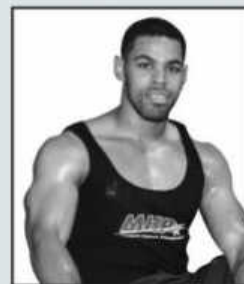
Joe Wuebben

Joe Wuebben is a veteran fitness writer and editor with over 15 years of publishing experience. His work has twice been cited in the *Best American Sports Writing* anthology (2006, 2007), and he's co-authored four books, including celebrity Mario Lopez's *Extra Lean* (2010) and *Extra Lean Family* (2011).



Vince DelMonte

Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and the author of *No-Nonsense Muscle Building*. Vince is known as the 'skinny guy saviour' after packing on 40 pounds (18 kg) of muscle in 24 weeks. Visit his website at vincedelmontefitness.com.








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KAI'S EYE ON THE ARNOLD

In a video for Generation Iron, Kai Greene has announced that he will be competing at the Arnold Classic in Columbus, Ohio in 2016.

Aside from referring to himself in the third person and calling the Columbus, Ohio show the "the authentic, the original" Arnold Classic, Kai did not say much more.

Kai Greene is a two-time Arnold Classic champion already. He last competed in the show in 2010, where he won over current Mr. Olympia Phil Heath.

This news could become even bigger considering that five-time Mr. Olympia Phil Heath told Tony Doherty, in a post-Olympia interview, that he wanted to do the Arnold Classic in 2016.

Tony, the promoter of the Arnold Classic Australia, jumped on the champ to commit to doing the Australian show if he does the Columbus show.

"Oh, if I do Columbus, I'm definitely coming down there (Australia)," Phil said. The Arnold Classic is one of the few high-profile pro shows that Phil has never won.

The Arnold Classic Australia will be held in Melbourne between March 18-20, just two weeks after the Columbus show. Perhaps 2016 could become the Heath-Greene rematch that never happened at the 2015 Olympia.

Roland Balk

ARNOLD CLASSIC ASIA to launch in 2016



The Arnold Sports Festival continues its worldwide expansion with the debut of the Arnold Classic Asia to be held in Hong Kong in August 2016.

A partnership between Classic Productions, Inc., Tony Doherty, promoter of Arnold Classic Australia, and Hong Kong businessman Richard Petty, the Arnold Classic Asia will feature both amateur and professional bodybuilding shows, a large health and fitness expo, as well as select amateur sports competitions and demonstrations.

"The Arnold Sports Festival is proud to continue its worldwide growth with the presentation of Arnold Classic Asia in Hong Kong in 2016," said Jim Lorimer, who co-founded the original Arnold Classic with Arnold Schwarzenegger in 1989.

The Arnold Classic Asia will put the Arnold Classic on six continents, continuing Arnold Schwarzenegger's fitness crusade, which will also include Arnold South Africa in May, 2016.

After 22 years of hosting the Arnold Classic in Columbus, Ohio, USA, Arnold and Lorimer expanded into Europe in 2011 with the first Arnold Classic Europe, held in Spain. Arnold Classic Brasil followed in 2013 and the hugely successful Arnold Classic Australia debuted in 2015 in Melbourne.

STORED FAT FIGHTS FAT-BURNING

The fatter we are, the harder it is, physiologically, to burn fat, recent research has found. A study from the University of Cambridge suggests that obesity produces a protein, called sLR11, that inhibits the ability to burn fat. The sLR11 protein binds to receptors in fat cells, acting to inhibit thermogenesis.

Researchers looked at mice that lacked the gene for this protein and found they were resistant to weight gain. When switched from a lower-calorie diet to a higher-calorie one, the mice without sLR11 were able to speed up their metabolism more than the control mice, meaning they could burn calories quicker.

It happens in humans too: researchers found that, in humans, the levels of sLR11 in the blood correlated with fat mass.

"Our discovery may help explain why overweight individuals find it incredibly hard to lose weight," said Dr. Andrew White, one of the authors. "Their stored fat is actively fighting against their efforts to burn it off at the molecular level."

The study has been published in *Nature Communication*.





FAILURE TRAINING FAIL

Should you take every set to failure or not? If you're looking to increase your strength, there's some new evidence that you don't need failure training.

New research published in *Sports Medicine* looked at training to failure compared to training not to failure as it relates to strength gains. The meta-analysis looked at eight different studies and found that non-failure training actually resulted in a 0.6–1.3 per cent greater strength increase than training to failure.

There was also a small, though statistically significant, trend favouring non-failure training over training to failure for strength when participants were experienced trainees and used compound exercises.

Researchers concluded that “similar increases in muscular strength can be achieved with failure and non-failure training” and that the small percentage of improvement shown by non-failure training is “unlikely to be meaningful”. Still, if you can improve your strength by around one per cent by not training to failure, wouldn't you give it a go? After all, powerlifters train in the one-to-five rep range, the majority of it not going to failure and those are some of the strongest people on the planet.

SUGAR FOR ENERGY

Sugar is sugar when it comes to energy.

A study out of the UK recently found that sugar with water is just as effective as a sports drinks at providing energy.



The research involved 14 cyclists who were randomly given a drink of water mixed with sucrose or glucose — as many sports drinks rely on glucose for their energy — before and during a three-hour cycling stint. Sucrose, or common sugar, is made up of glucose and fructose.

The researchers found that while both drinks maintained the cyclists' glucose stores as expected, the participants performed better on sucrose alone. The authors of the study suggest that glucose-only drinks potentially cause stomach upset, while simple sugar in water makes exercise easier.

It should be no surprise that different kinds of sugars provide similar amounts of energy, though this was obviously a very small study. The study has been published in *American Journal of Physiology – Endocrinology and Metabolism*.

DID YOU KNOW?

IFBB Pro bodybuilder Gary Strydom was the only person to win a championship title in the now defunct World Bodybuilding Federation (WBF) created by the WWE's Vince McMahon.



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KUDOS TO MARIA

A big shout-out and thank you to departing ANB Victorian president Maria McCarter for all her hard work at the natural federation. Maria stepped down in late 2015 after 10 years of promoting ANB shows and passed the torch to Aaron Braithwaite, who fans would know as a competitor and big supporter of natural bodybuilding.

"Choosing Aaron was an easy task," Maria said on Facebook. "He has been my left hand man for many years, starting as a member, and knows what my future dreams and goals were for ANB Victoria and natural bodybuilding. I would like to thank everyone that has supported me up to this point and will be still actively supporting Aaron and our members here in Victoria moving forward."

Well done, Maria. A big round of applause from everyone at *Iron Man*.



Aaron Braithwaite and Maria McCarter.

EXERCISE is bad for the heart (sort of)

We may all hate doing cardio but new research has found that, for some, endurance exercise in particular may be very hazardous for heart health.

New research published in the *American Journal of Physiology – Heart and Circulatory Physiology* suggests that endurance exercise may accelerate heart problems in individuals with a certain genetic mutation.

In a study on mice with a mutated form of desmoplakin, a protein that protects the heart wall, researchers found that exercise made the heart wall break apart sooner than their fellow mice. This then can lead to arrhythmogenic ventricular cardiomyopathy (AVC), the most common heart condition.



MORE GOOD COFFEE NEWS

We often hear about the benefits of caffeine for exercise and recent research has further confirmed the value of having a cuppa before a workout.

A recent research review looked at the evidence for taking caffeine as an ergogenic aid, specifically before endurance exercise such as cycling or running.

In a majority of studies examined, significant improvements in endurance exercise were found, including both the time it took to become exhausted and in exercise performance. In addition, studies also found that coffee reduced perceived exertion compared to control measures. The researchers conclude that there is 'moderate evidence supporting the use of coffee as an ergogenic aid to improve performance in cycling and running'.

The review was published in the *International Journal of Sport Nutrition and Exercise Metabolism*.



Jay's message to Kai

Jay Cutler had some words for Kai Greene in a recent interview. Despite Jay's reputation as one of the nicest guys in bodybuilding, the champ was not afraid to disapprove of Kai's recent behaviour.

In an interview with Dave Palumbo, the four-time Mr. Olympia said Kai made a big mistake not competing at the 2015 Mr. Olympia, calling it "the easier route".

"Listen, you're talking to a guy that skipped the Olympia one year and missed a huge opportunity, 2002, to possibly win that title with the momentum I had. Big mistake. He (Kai) should have been on that Olympia stage, and you know what, he should be sitting out this year's Arnold Classic because, quite honestly, he could have been Mr. Olympia this time," Jay said, referring to Kai's recent announcement that he will be competing at the Arnold Classic 2016 (see page 12 for details). "I sat in the front row, man, and you know what, Phil's my guy and I'm a huge Phil Heath fan but Phil Heath wasn't at his best."

But Jay also had a note of hope for the Greene Machine. "I was one of those guys they counted out," Jay said. "And I'm not gonna sit there and say it can never be done because in 2009 I came and blew everyone away and that was eight years after my prime, supposedly, when I should have won the Olympia. Kai can still do it. He just needs to be mentally prepared to win the Mr. Olympia, which I do not think that he's at right now."

Addressing Kai directly, Jay said: "Kai Greene, the fans are waiting to see what you can bring. Bring it to the Arnold, bring it back to the Olympia... get back on that stage and make the fans happy. And do yourself a favour and win it."

Jay Cutler.



Roland Balk

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Bulk Nutrients' **Whey Protein Isolate** isn't one for the rock star lifestyle.

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MASTERFUL EFFORT

Shout out to IFBB Masters champion Brian Emerson, who placed a commendable second at the IFBB World Masters Classic Championship in El Salvador, Central America in December 2015. This Bioflex/Bulk Nutrients athlete has long been a well-respected champion, known for presenting a flawless physique on stage and being a very laid-back, easygoing gentleman off-stage. With a large international line-up, his placing is extremely impressive. Congrats Brian!



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FAREWELL TO A CHAMPION

Sad news to report that WFF champion Sean Rankine passed away suddenly in December. An outpouring of collective grief has been expressed on social media with many shocked and saddened by the news. The NABBA/WFF Australia Facebook page offered this tribute to the late champion: "While we don't have any specific information at this stage we would like to offer our sincere condolences to Sean's family and friends. Our thoughts and prayers are with you at this difficult time. Sean was known to many as a great bodybuilder and a down-to-earth gentleman. He will be missed greatly. Rest in Peace, Sean."



Danny D'Mello

CONGRATS TO NEW PROS

Eight IFBB athletes have plenty to smile about with the following having been awarded their Pro cards following the Amateur Australia Olympia & Nationals 2015. Congrats to Josseline Jeria, Katie Morris, Cara Saunders, Alysha Cliff, Louise White, Brendan Osborne, Andrew Crawford and Adya Novali. All the very best to these wonderful champions in the next chapter of their careers!



Andrew Crawford.

Gary Phillips



Symphony Hall, Birmingham.

NEW VENUE FOR UNIVERSE

The NABBA Universe will find a new home in 2016 with the world famous event being hosted at Symphony Hall in Birmingham, UK. The hall itself opened in 1991 and is a renowned concert hall, recognised both locally (in the UK and Europe) and internationally as one of the best in the world. With over 2000 seats, this sounds like it'll be a perfect home for this historically significant bodybuilding event, to be held Saturday, October 29, 2016.

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The McGill Pull-Up

By Brian Carroll

Improve speed, power and neuro drive with this exercise created by a foremost authority in spinal biomechanics.

In May of 2013, I met Dr. Stuart McGill, who, in short, saved my athletic career. I had a badly damaged back and was on the way out of elite powerlifting. He helped me start from ground zero, rebuild back to 100 per cent, and in the process taught me what being a true athlete is.

McGill not only helped me regain my lower-back athleticism and become pain free, he also taught me how to get more bang for my buck with newer and better versions of exercise that I'd been doing for decades. In short, he taught me to critically think before I did anything in the gym, period.

These are pull-ups performed with 100 per cent effort as a way to generate maximum neuro drive.

Once I was able to start training hard again, I went back to Ontario, Canada, for a follow-up with Dr. McGill. This was the session where I learned the McGill pull-up (my name for it, not his). In short, these are pull-ups performed with 100 per cent effort as a way to generate maximum neuro drive. They have become one of the best ways I know to improve back strength and overall development while minimising injury.

Doing sets of 10 pull-ups at a body weight of 250-plus pounds (113 kg) can be risky for the tendons of your pecs, lats and biceps. Fatigue is typically the culprit with these types of injuries. What McGill advocates are sets of one or two reps at a time, but with maximum force and explosion with each and every rep. The problem with doing multiple reps



at a time in a traditional manner is you can't exert 100 per cent effort and force with sets of five, seven or 10. You might start off at 100 per cent, but you'll end up closer to 50 per cent as you close in on failure.

McGill has seen tremendous improvements in athletes' ability to do

reps on the pull-up in as little as one month. If you're a tactical athlete (law enforcement, military, firefighter, etc.) who is tested on your pull-up count, this is a good way to build your pull-up volume and have it ready for test days when you need it. For those who aren't tested on their pull-ups, it's a



great way to add high-quality volume to the movement. I'm currently at about 20 sets of one rep at this point, and I feel great.

I usually do these anywhere from two to three times per week as part of my warm-up. I feel that these wake my body and my brain for the work that's to come on the particular training day, and I feel that I have become faster and more explosive overall. On deadlift day, I start by using them as a warm-up and then I do 10 to 20 singles after my main deadlift work is done. I feel it's been huge for my trap, rhomboid and lat development, especially coming off a serious injury where I couldn't train hard for two years. This efficient training helped make up for lost time.

McGill has seen tremendous improvements in athletes' ability to do reps on the pull-up in as little as one month.

1 This exercise is to be performed for one to two reps at a time. Each rep is for maximum effort, focus and speed. Every rep should be perfect, never rushed. Do not try this for sets of five to 10. This is meant for perfect singles.

2 Use a 'lobster claw' grip. I've found that this greatly enhances my power with every other compound movement. After wrapping your fingers around the bar, cover your forefinger with your thumb and lock it down tightly (this is kind of like a reverse hook grip). Grip is the start of any truly powerful contraction. It doesn't matter how strong your muscles are if you have no grip to control the weight.

3 Grab the bar with your lobster claw and hang until motionless; retract your shoulder blades and squeeze as hard as you can. Once you're tight from head to toe and your body is stiff, explode upward and violently pull your body to the bar. Contract as hard as you can at the top for a second or so, then gently lower yourself back down to the floor.



Photo: bnales begovic, Model: Stan De Longeaux

4 After returning to the floor, rest for 10 to 20 seconds. Tilt your head back, take a deep breath, and let your arms swing freely. Focus on the other reps to come and how you can make them better and faster.

5 Start with six to eight total reps and progress to more each workout. Stop when your speed begins to degrade and you have to start cheating. Everything should be controlled and methodical, not sloppy like a fish out of water.

6 This is not a kipping pull-up. Yes, you want to generate power, but specifically in the muscle of the

back. There is no leg momentum whatsoever. This is a strict and 100 per cent pure and legit pull-up.

7 McGill pull-ups are for the advanced lifter who can do 20 or more proper singles in less than seven minutes without losing speed. I understand some will not be able to keep up the speed, power and endurance to do these properly right away. For those who aren't ready to do explosive unassisted reps, I suggest that you either have help from a training partner, or use an elastic band to assist you. Those who are very advanced can hang chains around your neck to make the lift more challenging.

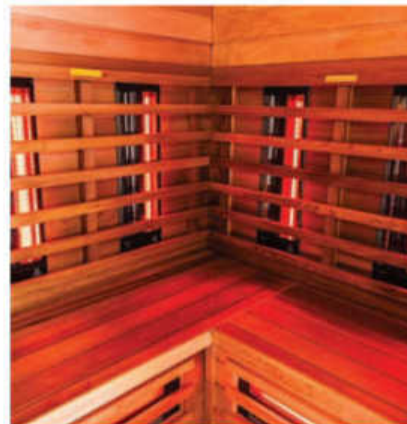
SLOW, FAST, SLOW, FAST

Going slow, and then fast, and then slow, and then fast sounds like advice from the *Kama Sutra*, but it's actually a rep-scheme strategy with some serious potential. Scientists in Brazil recently discovered a means of boosting post-training levels of growth hormone by an unbelievable factor of 17. Researchers took two groups of resistance-trained men and put them through four sets of bench press using 70 per cent of their one-rep max. One group used a very quick eccentric movement (the lowering of the bar) while the other group took three seconds to return the bar to their chest. Fifteen minutes after the workout, the levels of growth hormone were 17 times higher in the slow group than in the fast group. While many factors are involved in muscular adaptations, and it's not quite clear if elevated levels of post-workout growth hormone translate to a bigger and leaner physique, an influx of anabolic hormones on a regular basis can't hurt.



Bring the HEAT

A study published in *The Journal of Physiological Sciences* examined the anabolic properties of heat stress. Japanese scientists examined muscle tissue that had been warmed prior to a weight-training workout. Compared to athletes who didn't undergo the heat treatment, those with warmed-up muscles experienced greater activation of certain anabolic regulator molecules, which, scientists hypothesise, start a cascade of reaction in the muscle cells that ultimately increase protein synthesis. The question is, how do you replicate this effect in your own gym? The scientists utilised a small microwave unit, which is not a common piece of gear in even the most hardcore gyms. However, many IFBB pros, such as Brandon Fokken, are fans of infrared saunas, which might be a viable alternative.



CATCH-UP SLEEP



For years, the idea of 'catch-up sleep' — getting fewer than eight hours of shut-eye a night during weekdays and then sleeping in on weekends — was considered worthless for maintaining optimal sleep hygiene. However, a new study published in the journal *Clinical Endocrinology* shows that extended bouts of weekend slumber can benefit key physique-related hormones. In the experiment, 19 men with six months of lifestyle-driven weekday sleep deprivation (approximately six hours of sleep a night) slept for 10 hours on three consecutive weekend nights. After the sustained bouts of slumber, all subjects experienced lower levels of insulin, greater insulin sensitivity, and higher testosterone levels. Since sleep is known to be an important part of the metabolic and hormonal process of building muscle, get it where and when you can.

Workout After Work

By Jason Aaron Baca

It's 5 o'clock — time to leave work and decision time. What'll it be: head to the gym and crank out an hour of exercise or head home and throw a fattening frozen pizza in the oven? I myself was responsible for doing the second option all too often!

When we leave work, we feel a sense of relief from the stresses from our job. We imagine going home and relaxing on the couch. Instead what we should be imagining is what muscles we plan to be working. What a lot of people don't realise is the stress built up from a hard day's work can actually build up inside our bodies. The best possible action for relieving this is a nice workout followed by a balanced dinner.

Start off slowly when you get to the gym. Don't rush in and start doing heavy lifting to "get it out of the way". This is no good. You have to create the hunger in your mind to pick up those weights and build muscle. I recommend 10-to-15 minutes of the stair climber or treadmill at a brisk pace. This will build up your heart rate and get the blood pumping.

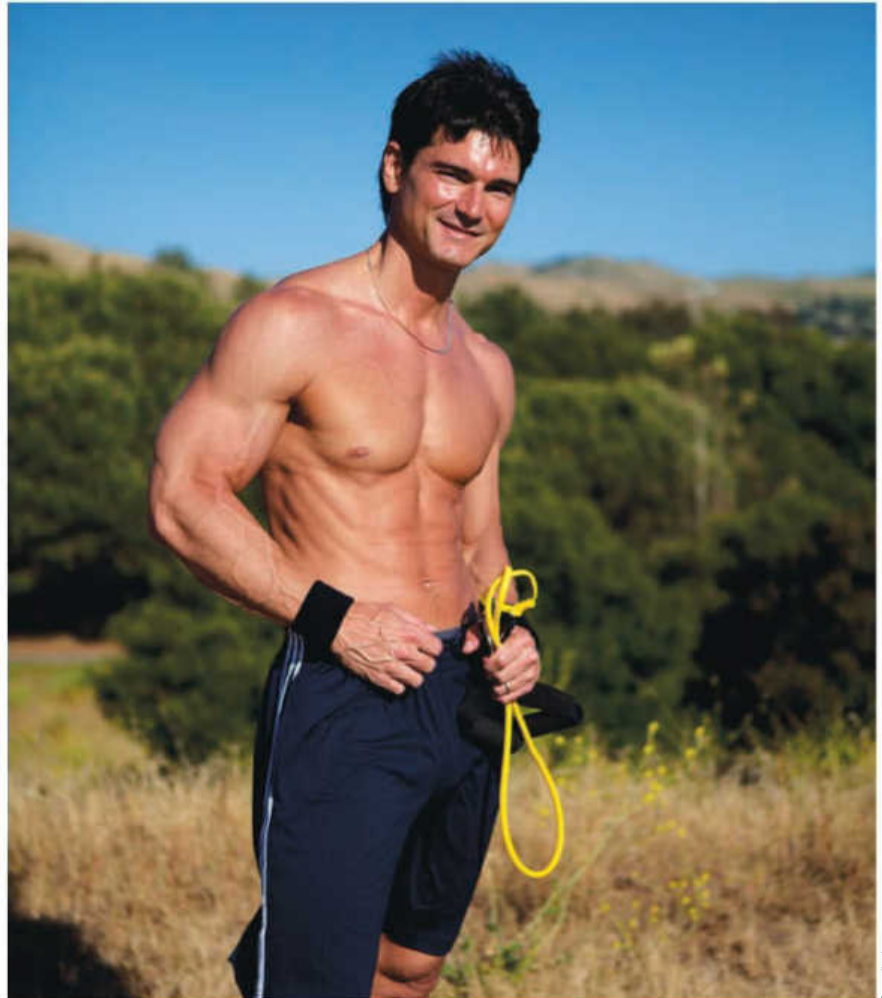
Besides the cardio, I recommend stretching your entire body from head to toe. Don't leave anything out. I recommend five-to-eight minutes of stretching after your mini-cardio session. Once you have completed your stretching, you are ready to hit the weights.

Put on some high-energy music on your iPod and get into a bubble. Note the time you begin; do not allow yourself to walk out of that gym until a full hour has passed.

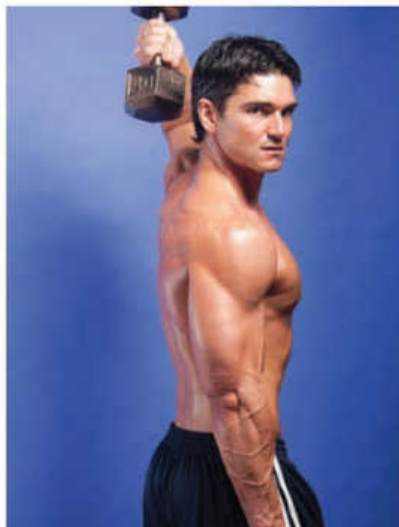
Lastly, 10 minutes before your hour is up, take inventory of the muscles you worked. Ask yourself if your muscles feel like they've been worked. If not, can you handle doing a few more sets? It's not a great feeling to walk out of the gym unsatisfied from your workout. You want to walk out of there feeling like you accomplished something physically that was a difficult task for that day.

So let's recap:

Step 1: Begin thinking about your workout once you leave the office.



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Step 2: When you get to the gym, begin with something simple like light cardio to get the muscles warmed up.

Step 3: Stretch the entire body.

Step 4: Establish the right high-energy music for you.

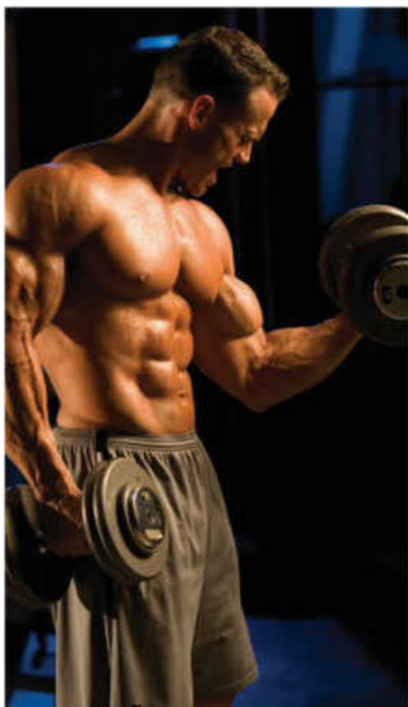
Step 5: Work out for a minimum of one hour in the gym before leaving.

Step 6: Take stock of your muscles before leaving the gym. If you feel you have more in the tank to give, go for it.

Jason Aaron Baca is a California-based trainer and fitness model who specialises in romance novel covers. He has appeared on more than 400 covers and appeared in numerous magazines. For more info, visit jasonaaron Baca.deviantart.com

Q: What is the ideal amount of time I should be taking to complete one set? I'm looking for maximum time under tension but also enough volume to see some real gains.

A: Research has shown that pushing a muscle with high-intensity exercise for up to 45 seconds is ideal for stimulating fast-twitch muscle fibre hypertrophy. However, if you keep the muscle under tension too long, one of two things will happen: You run the risk of having lactic acid and other fatigue products shut down your muscles before the majority of fibres fire, or, if the weight is light, you end up working mostly the red slow-twitch fibres, which are aerobic and don't have as much potential for growth as the white, fast-twitch fibres do.



Michael Neveux



Michael Neveux

Q: I've been training for a couple of years now and I need to change up my lower-body workouts. But at the moment, I only have access to my home gym. What should I do?

A: Try dumbbell deadlifts. Dumbbell deadlifts are best for beginner or intermediate trainees because many gyms, especially home gyms, don't have heavy enough dumbbells to overload a stronger lifter. Using a moderate tempo, choose two dumbbells of weight that you'll get at least 12 reps with. This should get you great results in both strength and hypertrophy. One advantage of dumbbell deadlifts is that your range of motion is greater because there is no barbell

getting in your way. But beware: they are very demanding (possibly why they've fallen out of favour).


"Since you'll descend farther with dumbbells than with a barbell, you need to give even more care than usual to proper technique," says legendary trainer Charles Poliquin. "If you pay attention to driving with your legs in the start and avoid momentum, you'll lessen your chance of injury to the lumbar spine."

Q: I'm a hard trainer, I'm strict with my nutrition and I get enough rest and recovery. However, I'm also a smoker. I've tried giving up but it never takes. What should I do?

A: Well, try, try again. Everybody would have told you already but smoking is terrible for you in almost every way — but it is addictive, so it's difficult to quit. The nicotine in cigarettes acts as a stimulant, which is one of the main reasons smokers develop a dependence on them. It's

actually considered one of the hardest addictions to break, so getting help, either from your doctor or from an organisation like quit.org.au might be your best option.

But, look, if you can control yourself enough to be strict about your nutrition and have enough motivation to get to the gym and train hard, you can quit smoking. Besides, big muscles mean nothing if you won't be around long enough to enjoy the health benefits — you know, because you'll be dead.

Think of it this way: quitting smoking will help your training because your overall health will improve. Your body will be able to transport oxygen more easily, your intensity will go up and you won't smell like crap. Quit today. 



John Balk

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Carbohydrate Confusion

By Adam M. Gonzalez, PhD

Good carbs, bad carbs and the glycemic index.

How do we define good carbs and bad carbs? The glycemic index system of ranking carbohydrates remains the gold standard of categorising carbohydrate sources. Lower-glycemic index carbohydrates — including beans, sweet potatoes, brown rice, and most vegetables and fruits — are typically recommended throughout the day to increase satiety, avoid large spikes in insulin, and avoid a crash in energy levels, while higher-glycemic carbohydrates — including white rice, baked potatoes, cereals, and candy — are typically recommended post-workout to maximise the replenishment of muscle glycogen. However, while the glycemic index may be a fine system for Joe Six-Pack who is looking to be healthier, it is not a precision tool for the physique-conscious athlete who is interested in optimal satiety, body composition, and weight loss.

The glycemic index

At the most basic level, carbohydrates are made up of sugar molecules known as monosaccharides. The three most predominant monosaccharides include glucose, galactose and fructose. Once absorbed by the small intestine, glucose becomes readily available in the bloodstream, while fructose and galactose are transported to the liver to be converted to glucose. Glycemic index is a ranking system that addresses how rapidly glucose appears in the bloodstream and how sustained the rise in blood glucose levels is following consumption of individual carbohydrate sources. The different carbohydrate sources are then compared and ranked based upon a standard reference such as white bread. The prevailing theory remains that high-glycemic foods cause the greatest spikes in insulin, stimulate fat synthesis, and promote insulin resistance over time. However, the glycemic index is measured using





carbohydrates in isolation in subjects that are in a fasted state. This is hardly practical, because when carbohydrates are consumed with protein, fat and fibre, the glucose and insulin response appears to be blunted.

Impact on satiety

The feeling of being full, otherwise known as satiety, can be a key determinant in the success of any weight-loss diet. A number of studies have investigated the effect of different carbohydrate sources on the feeling of fullness and ad libitum eating — how quickly you will reach for your next snack. Studies published in the *European Journal of Clinical Nutrition* compared several carbohydrate-rich foods and showed that the effect of each carbohydrate source on satiety differed greatly. However, the glycemic index was not a predictor of satiety. Rather, energy density, protein and fibre were positively associated with feelings of fullness. These studies also demonstrated that the blood-glucose response following consumption of the carbohydrate sources was not predictive of satiety. Furthermore, the glycemic index of a particular carbohydrate source appears to be highly variable not only from person to person, but also at different times of the day in the same person. How does this information relate to carbohydrate selection? Neither the glycemic index nor the subsequent blood-glucose response are predictive of how full you will feel following a meal, and taking into consideration that the glycemic index seems to be a relatively unreliable measure, the usefulness of the glycemic index in choosing a superior carbohydrate source seems questionable.

Carbs and weight loss

How does the glycemic index of the carbohydrates we choose to eat relate to weight-loss success? A recent study published in the journal *Obesity* examined the effects of four different diets on changes in body composition and resting metabolic rate. Study participants were provided a diet consisting of either 55 per cent or 70 per cent carbohydrates. Each of these groups was divided once again: One subgroup ate predominantly low glycemic-index carbohydrates, while the other subgroup ate predominately



high glycemic-index carbohydrates. To control for confounding factors, both groups were provided the same daily amount of calories, protein and fibre. After 17 weeks of adhering to the appointed diet, the study participants showed no differences in body weight or fat loss. In summary, when confounding factors such as total energy intake, protein and fibre content were controlled for, the glycemic index of the carbohydrate sources did not yield differences in weight loss, preservation of muscle, or resting metabolic rate. Another study in the *International Journal of Obesity* investigated the effect of a high-protein diet in conjunction with either a low- or high-glycemic index diet. Similarly,

the disparity in glycemic index did not account for any differences in weight loss or weight regain following the diet. In the context of a complete diet, the glycemic index appears to have limited value for predicting weight loss or weight maintenance. Ultimately, the total amount of carbohydrates you eat seems to be much more important than the type of carbs you consume.

The post-workout window

Our muscles store carbohydrates in the form of glycogen, and training will drain this gas tank of energy. Following a bout of resistance exercise, muscle glycogen may be depleted by 20 to 50 per cent. High-intensity or extended aerobic training can almost completely

deplete muscle glycogen. As a result, the muscles prime for glycogen re-synthesis by becoming more insulin sensitive post-workout. Additionally, the muscle expresses more glucose uptake transporters known as GLUT4, and the muscle increases the activity of the enzyme promoting glycogen storage known as glycogen synthase. These post-exercise adaptations set the stage for what many regard to be a nutritional window of opportunity for carbohydrate consumption.

If you train multiple sessions in a day or you are restricting your carb intake at other times, immediate post-workout ingestion of carbohydrates may be beneficial.

A common recommendation is to consume high-glycemic index carbs post-workout to maximise blood-glucose concentrations and the insulin response. Does this theory hold true? There is evidence of a super-compensation of glycogen stores when carbohydrates are consumed immediately after training compared to delaying carbohydrate consumption by two hours. However, the need to immediately guzzle those high-glycemic carbohydrates has been challenged. A study in *Medicine & Science in Sports & Exercise* showed that ingestion of five high-glycemic carbohydrate meals with or without a two-hour delay following exercise yielded the same muscle glycogen levels at eight hours and 24 hours following exercise. Therefore, even following complete glycogen depletion, pre-training glycogen levels can be replenished over a 24-hour recovery period — even if the ‘window of opportunity’ is missed. This is not to say that you shouldn’t consume carbohydrates immediately following training. Rather, it may not be offering much of an advantage in the context of a complete diet over a 24-hour period of recovery. However, if you train multiple sessions in a day or you are restricting your carb intake at other times, immediate post-workout ingestion of carbohydrates may be beneficial.



LEMON PEPPER CHICKEN



This recipe is based on one of the dishes I make in my healthy frozen meals business. It's one of the most popular because of its peppery zing, but also one of the easiest to produce. It came about because I had plenty of capsicums and was looking for something to complement them. Roasting capsicums adds an intensity and richness that offsets the strong pepper notes. This dish freezes exceptionally well and can be prepared in a flash, once the roasting of the vegetables is complete.

Ingredients

- 4 red capsicums, cut into long, thin strips
- 4 cloves garlic, finely diced
- 1 can diced tomatoes
- 1 large eggplant, cut into 3 cm dice
- 5ml olive oil for coating eggplant
- 1 tsp ground cumin
- 600g chicken breast, cut into 5mm slices horizontally across the breast
- 3 tps lemon pepper seasoning
- 10ml olive oil for cooking chicken
- 2 tbsp basil leaves, roughly torn

Method

1. Pre-heat oven to 175°C.
2. Place capsicums, garlic and tomatoes into a baking tray and cook for approximately 40 minutes or until capsicums are roasted and tender.
3. After the capsicums have been in the oven for approximately 20 minutes, place a small baking tray into the oven.
4. Toss eggplant in olive oil and cumin and place on heated baking tray. Return to oven for 15–20 minutes
5. Sprinkle pepper onto a plate and gently dip chicken into lemon pepper seasoning.
6. Heat a large non-stick pan to moderate, add olive oil and then slices of chicken. Do not overcrowd the pan. You will most likely need to cook the chicken in batches depending on the size of your pan.
7. Serve roasted capsicums and tomatoes on four large plates, top with chicken slices and sprinkle eggplant over the top. Garnish with basil leaves.

NUTRITION (per serve)

Energy	1100kJ
Protein	37g
Fat	6g
Carbohydrate	9g
Sodium.....	84mg

Chef's notes

- Grated carrot or zucchini, chopped mushrooms, onions or spring onions could be added to the roasted capsicums.
- Only turn the chicken slices once to prevent loss of moisture.
- Any of your favourite lean meats could be substituted for the chicken.



Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships.

GREEN TEA TIMING

Epigallocatechin gallate, better known as EGCG, is the potent antioxidant found in green tea that is often extracted and used in commercial fat-burner formulas. While EGCG has proven to be powerful in vitro (i.e. test tubes), poor bioavailability in the human body hampers its health and physique-boosting potential. Aussie researchers found one way to markedly improve uptake of the valuable nutrient: take it on an empty stomach. In the experiment, subjects who took EGCG capsules with water first thing in the morning experienced blood levels of EGCG that were four times greater than those who took the capsules with a light breakfast or infused into a whey-containing smoothie. Other sources suggest that taking EGCG with a cup of brewed green tea and a dose of fish oil will further enhance its efficacy.



TURBOCHARGE your whey

Whey protein is king when it comes to initiating protein synthesis and improving body composition, and with a few small tweaks, it can be an amazing catalyst for muscle recovery as well. New research published in the *Journal of the American College of Nutrition* showcased the results of combining whey protein with the leucine metabolite beta-hydroxy-beta-methylbutyrate (HMB) and isomaltulose, a slow-releasing carbohydrate typically used by endurance athletes. A group of resistance-trained men ingested this combination before, during and after three days of intense workouts. Subjects who drank this concoction experienced less soreness, reduced markers of muscle damage and improved athletic performance.



URBAN TREASURES

People often look at fruit trees found in dense urban areas and assume its offerings are nutritionally bankrupt, made up of car exhaust and sadness. The fact is, neighbourhood fruit trees, even ones growing in the most desolate of concrete jungles, can often be nutritionally superior to what you find in stores.

Scientists from Wellesley College in Massachusetts, US examined 166 samples of urban fruits and herbs collected in the greater Boston area. Not only were they entirely free of urban pollutants, but compared to commercially grown fruit, they contained 2.5 times more calcium and had greater concentrations of manganese, zinc, magnesium and potassium. On average, the city-picked fruit contained a broader range of nutrients than samples taken from supermarkets, which are often grown in nutrient-impooverished soil.



Liquid creatine conundrum

Years ago, one of the biggest supplement scams was a ready-to-drink creatine serum. This was before it was widely known that creatine does not remain stable in liquid for long periods of time. When creatine hits water, it begins transforming into inert creatinine. That shouldn't keep you from pre-mixing your own post-workout creatine concoctions, though. Research shows that after eight hours, there is no measurable degradation of the supplement. Even after three days of immersion, 90 per cent of the creatine is still active. Cooler temperatures seems to slow the transition from creatine to creatinine, so keeping your homemade muscle-building cocktail in the fridge will help it last even longer.



MAGNESIUM TEST

One of the best performance-enhancing supplements on the market might be one of the simplest. According to some studies, up to 70 per cent of people are deficient in magnesium. That is bad news for gym rats because recent research indicates that magnesium levels seem to mirror testosterone levels. A study published in the *International Journal of Andrology* found a positive relationship between magnesium and anabolic hormones, namely testosterone and IGF-1. Scientists suspect that the magnesium blunts certain inflammatory processes that inhibit production of these hormones. Look for supplements containing magnesium citrate, which is better absorbed than the more common magnesium oxide.



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Here's a fitness hack for you: If you're dieting, chew gum during the day in order to stuff fewer calories in your mouth. It sounds too simple to actually work, but scientists have proven it.

Researchers monitored 60 subjects on a reduced-calorie

diet. After lunch, half of the participants chewed gum while the other half did not. Three hours after the midday meal, all the subjects were given a snack and asked to rate their hunger. The group that did not chew gum consumed 36 more calories (about eight per cent of their total daily intake) than the gum group, and they described themselves as being hungrier than the gum group as well. It made no difference whether the chewers chomped on gum that contained sugar or on sugar-free varieties. Interestingly, the gum seemed to be better at blunting the desire for candy and sweet foods rather than salty snacks.

EVENING CARB IDEA

Just when you think you have carbs all figured out, more information comes to light. Conventional wisdom has recommended tapering carb intake through your day (consume more in the morning and fewer as the day progresses), but a study out of Israel has shown some impressive fat loss results from flipping the script on carbs. In the experiment, 78 overweight police officers went on a weight loss diet for six months. Half of the subjects ate a traditional calorie-restricted diet while the other half ate the same amount of food but ingested most of their daily carbs with their evening meal. After six months, the second group lost more weight and experienced greater reductions in waist circumference and body fat. They also enjoyed some significant metabolic benefit as well, including lower levels of insulin and cholesterol. Several factors influence carb consumption (such as the timing of your workout), but if your fat-loss efforts have stalled, try shifting the bulk of your carbs from breakfast to dinner.



DECAF HUNGER-BUSTER



Caffeine has typically been given credit for the way coffee smashes a case of the munchies, but new research shows that decaffeinated coffee might be an even better ally when you're cutting calories. In a study published in the *Journal of the American College of Nutrition*, scientists examined the effects of coffee, decaf coffee and caffeinated water on perceived hunger and hormones related to satiety. Of the three beverages, decaf coffee proved to be the most effective in blunting hunger and promoting levels of peptide YY, a hormone in the gut that signals the brain to regulate appetite. Caffeinated coffee was not as effective as decaf but performed significantly better than the caffeinated water, which had almost zero effect on hunger. Scientists concluded that substances in the coffee other than caffeine are responsible for acutely decreasing hunger. If you like coffee while dieting, brew up a pot of decaf and save the caffeine for your pre-workout. Your central nervous system will thank you.

4 Reasons to Eat Egg Whites

We all know that egg yolks aren't going to kill you — but there are still reasons to sometimes go for just the albumen, or egg whites alone.



1. No fat and low calories.

If you're cutting during summer or can't fit a lot of fat into your macros, one egg white contains 52 calories per 100 grams, whereas the yolk adds 322 calories. All the fat of an egg is in the yolk too, some of which is good fat, but it also contains 2g of saturated fat per yolk, about eight per cent of the daily recommended intake.

2. No cholesterol.

Although in the past the hazards of eating whole eggs were greatly exaggerated, it's true that there is zero cholesterol in egg whites. According to eggs.org.au, 51 per cent of Australian adults have high cholesterol and even though dietary cholesterol of eggs has only a small effect on blood LDL (the


'bad' cholesterol), the Heart Foundation recommends eating just one egg a day. This might not seem like a big deal for some, but diabetics and people with cardiovascular problems need to closely monitor their cholesterol intake and take this into account.

3. Protein.

The white accounts for more than half of an egg's total protein without the fat of the yolk. If you're tracking your macros, it's more likely than not that you don't have much in the way of fats to fill. One egg white contains 4g of protein (compared to 2g in the yolk) and, depending on how you cook it, you can get away with consuming no fat at all. Egg whites also contain all

nine essential amino acids, the ones your body can't make and needs to consume from food, making it a 'complete protein'

4. Micronutrients.

Egg whites contain riboflavin, or vitamin B2, which is essential for a functioning metabolism. Riboflavin helps your body break down food and helps your cells produce energy, as well as activating enzymes that guard against free radicals. In addition, egg whites are also good sources of selenium, potassium and sodium. 



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ARNOLD

CLASSIC AUSTRALIA 2015

By Daniel Hedger

As the advertising campaign promised, Arnold WAS there — and so we were we. And, judging by the attendance numbers, a lot of you were too.

What was only an unassuming summer 10 weeks ago, became real between March 13-15. But it didn't come without a hell of a lot of effort and support from the bodybuilding and fitness community, more notably the men who made it all happen, Terry Doherty, and his team. You should never bet against TD, no matter how big a challenge he's set for himself. Don't Jackson backed up his performance in Columbus the week before, when he made history by being the first man to win the Arnold Classic, and won the inaugural Aussie Arnold, despite having only landed in Melbourne the morning of the show. Don't's and Arnold, originally from Pakistan, caused a

sensation when he won the Over 200 kg, overall and IFBB pro card on the Sunday afternoon and experienced international media attention.

And it wasn't just about bodybuilding. Like its US counterpart, the Arnold Classic Australia was a true multi-sport festival, featuring a golf tournament, powerlifting, strongman — Eddie Hall broke the deadlift world record at this event — and some of the biggest martial arts events Australia has ever seen, bringing together eight different styles, which greatly impressed Arnold himself when he made his way through the martial arts area. Australian Iron Man and our Blitz Publications stable had a very active hour, with both bodybuilding

and martial arts celebrities making appearances. Iron Man had Colin van Mepp, Amanda Doherty, Sunny Brown, Melissa Le Man and Milos Savic all taking time out of their busy schedules to meet the fans, sign autographs and pose for photos. We continue to be super grateful to these awesome folks.

So the inaugural Arnold Classic Australia was a tremendous success from all perspectives. The following pages, covering both the pro and amateur bodybuilding shows — as well as our Hot Shots gallery on page 146 — aim to give our readers just some idea of the excitement of the event. But there's still nothing like being there, so next year, we'll be there. Arnold will be there... Will you?



Decker Jackson and British Warren go head to head.



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Adam McNamee

Adam McNamee is the founder of Night Attack, a night-time obstacle course set to take place in Melbourne as part of the Arnold Classic Australia in March.

Hi, Adam. Thanks for having a chat to Iron Man. Tell us a little about yourself. What's your fitness background?

Spending 15 years in the military, 10 of which were in Australian special forces, my fitness was focused towards my job. Training included a number of disciplines, such as functional gym training, distance pack walks, interval training and swimming.

You are the mastermind behind Night Attack, which will be running as part of the Arnold Classic Australia in March (as well as staging other events right around the country). What can you tell us about Night Attack?

Night Attack was the first night obstacle course event conducted in the world, commencing in Adelaide in 2013. It's a 5-km night-time obstacle course with over 17 obstacles, utilising light systems, smoke machines and strobes to enhance the night environment. There are also a few obstacles that

work on people's fears, like cold water immersion, aka Arctic Blast!

How do you think Night Attack being run at night affects the participants' ability to complete the course? Does the darkness make things more difficult or just changes the atmosphere?

It really changes the atmosphere. All obstacles have a level of lighting commensurate with the safety of the obstacle to ensure the maximum effect at night, while still making things challenging.

Night Attack is pitched as an entry-level obstacle course, open to all demographics. The obstacles are built to take people out of their comfort zone, but adding the theatrical effects of lighting systems makes it an event like no other.

What average level of fitness do you think is necessary to participate in Night Attack?

Participants can be any level of fitness for Night Attack. All obstacles are pitched at being achievable and even those with lower levels of fitness or limited upper body strength can complete the obstacles with the help of their friends.

You are also the co-founder and managing director of True Grit, a military-inspired course. What do you think is the appeal of obstacle courses as a fitness activity?

Over the last few years we have noticed a shift from team weekend sports in Australia to group event activities. What makes obstacle courses so popular is your ability to engage in an activity with your friends or co-workers and enjoy a weekend in a new location, out of your comfort zone. It's not running the event itself that will improve a person's health and fitness but what obstacle courses do is provide a great end goal to train and be healthy for.



Adam McNamee

You have based your obstacle course designs on military training, which draws on your personal experience. Do you feel that military training is a hugely effective system for getting people fit?

Military training should always be specific for that role in the military. Overall though, it's functional training and works on both strength and endurance types of exercises. Getting people outside of the sterile environment of a gymnasium is also a great thing, allowing people to diversify in the way they train.

What other kinds of fitness pursuits do you engage in?

Building obstacle courses is currently a large part of my fitness regime. We have a small team that build the True Grit and Night Attack events and they're intense periods of lifting, moving items up and down quite hilly, swampy, sandy terrain. When I'm not building, it's similar to what I did in the military, from gym training to ocean swimming. The one thing I've left behind these days is not having a pack on my back!

What would be your top two personal fitness tips?

The old adage of 'fitness is not only training but nutrition', is a must. It doesn't cost much to eat healthy food; in most instances it's cheaper to cook your own meals than eat junk food. Secondly, diversify your training. Your body gets used to doing the same things, so change things up. Find new locations to do your training, use sand running to change up normal running, for example. There are so many cost-effective ways you can change up your training and most of them are on your front door step.

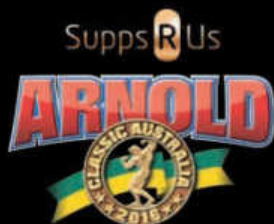
The Night Attack will run in Melbourne as part of the Arnold Classic Australia between 17-19 March. For more information, visit nightattack.com.au



Adam with former Prime Minister Kevin Rudd.

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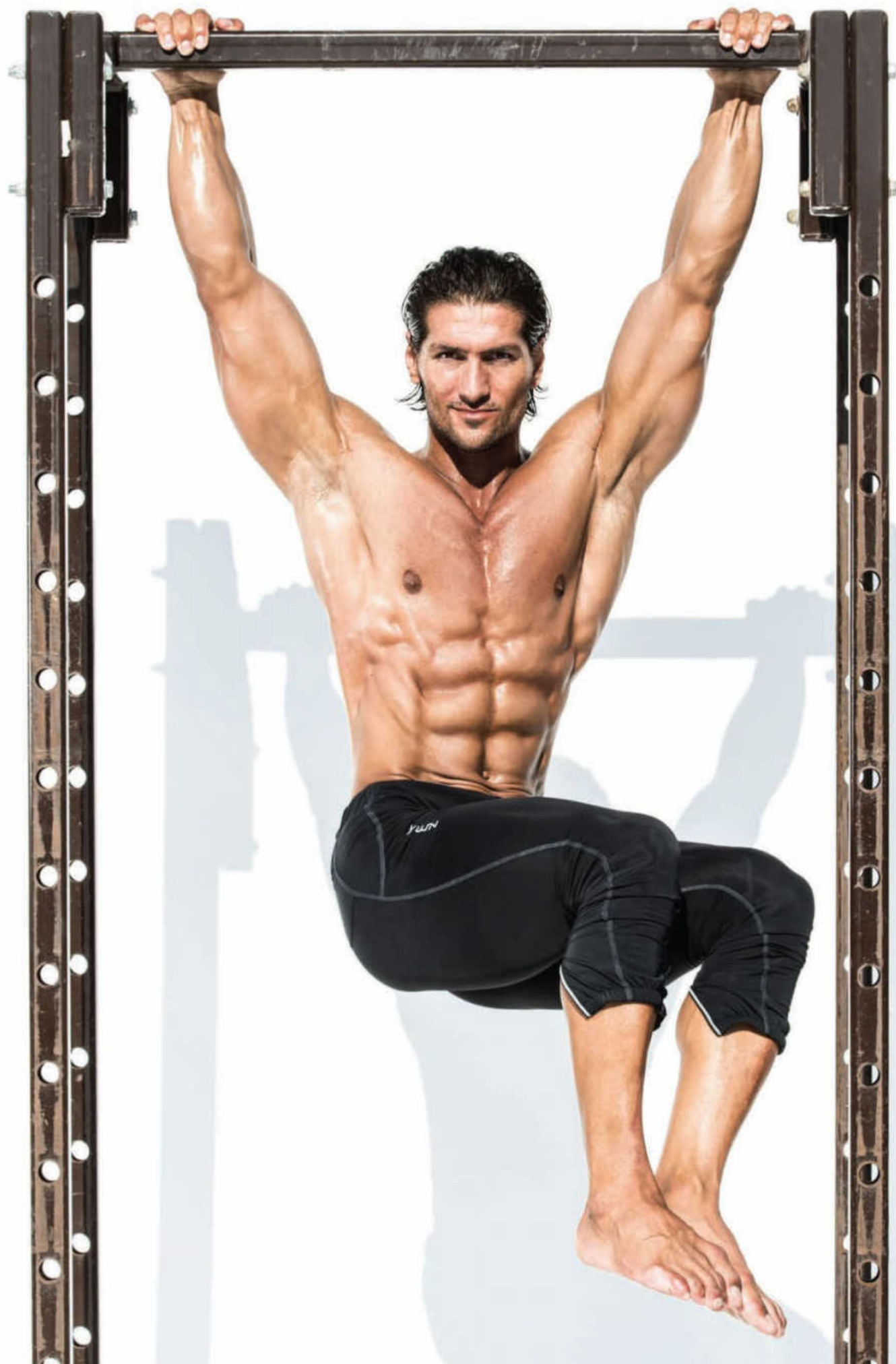
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CRAZY ABS

WITH AKO RAHIM

**TO GET WHAT
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WHAT YOU'VE
NEVER DONE**

BY MIKE CARLSON
PHOTOGRAPHY BY BINAIS BEGOVIC



MODEL ATHLETE

Sweden's Ako Rahim is a multi-dimensional athlete who combines the aesthetics of a superhero action figure with the work ethic and performance capabilities of a world-class competitor.

Rahim got his first dose of training inspiration the same way many of us did: from action movie stars like Sylvester Stallone and Jean-Claude Van Damme. He has spent most of his life studying martial arts, which created a strong physical foundation when he eventually found his way into the weight room. From there, Rahim started doing physique contests (what they call 'athletic fitness' competitions in Sweden) before his competitive impulses drew him to CrossFit. Detractors can say what they like about CrossFit; no one can argue that it takes skill, strength, dedication and a warrior's spirit. A super strong set of abs doesn't hurt, either.

Mike Carlson: How long have you been training?

Ako Rahim: I started with martial arts when I was six years old. I have been doing karate and Thai boxing all my life, but I started lifting weights when I was 15 years old. I got into lifting weights to strengthen my body for martial arts. But I really liked it, and I decided to do my first athletic fitness competition four years later. It was the Swedish Nationals and I placed fourth. After that I qualified to go to the Nordic Championship where I placed second. And during the next few years I won the Swedish Nationals three times. Since then, I've been doing weightlifting, running, swimming, submission wrestling and mostly CrossFit.

MC: What's your current training like?

AR: Right now my focus is on strength and conditioning. My weightlifting coach is Jim Gyllenhammar, the Swedish national weightlifting coach. He programs all my Olympic weightlifting. And then I have Peter Glas, who programs my running. I do the rest. I train twice a day. I mix Olympic weightlifting, bodybuilding, powerlifting, CrossFit and running. I swim on Thursdays, which



is a recovery day, and I take Sundays completely off.

MC: How did you develop such outstanding abs?

AR: When I was young I watched Jean-Claude Van Damme and Stallone movies. I really wanted a body like that, so I did lots of sit-ups, leg raises and push-ups. When I was 10 years old I had a six-pack. And that's also why I did karate and Thai boxing. I really don't work my abs that much now. I'm working on my weaknesses.

MC: What's the most common mistake people make when training abs?

AR: The big mistake I see is that lots of people use extra weights and machines when they're training abs. You don't have to use more weight than your body. There are many exercises that you can do slower and with more control to make it more challenging.

MC: When did you get interested in CrossFit, and why?

AR: I have always prioritised getting stronger and faster. A couple of years ago, I was done with my athletic fitness competitions and I always need to have a goal, so I started working out at a CrossFit box called F4L CrossFit. Once you do CrossFit, you can't go back!

MC: How did your body change when you switched over to CrossFit?

AR: I put more muscle on my legs and kept all the muscle on my upper body. But I noticed that it's only my legs that get bigger. Other than that, I'm stronger, faster, more flexible, and have fewer injuries.

MC: Do you currently mix CrossFit workouts with bodybuilding-style training?

AR: I do bodybuilding training, and I do it as rehab. It's more to strengthen my joints and ligaments. I don't really need more muscle to get stronger in my weightlifting. But when I get stronger I probably build more muscle. So that's a win-win.

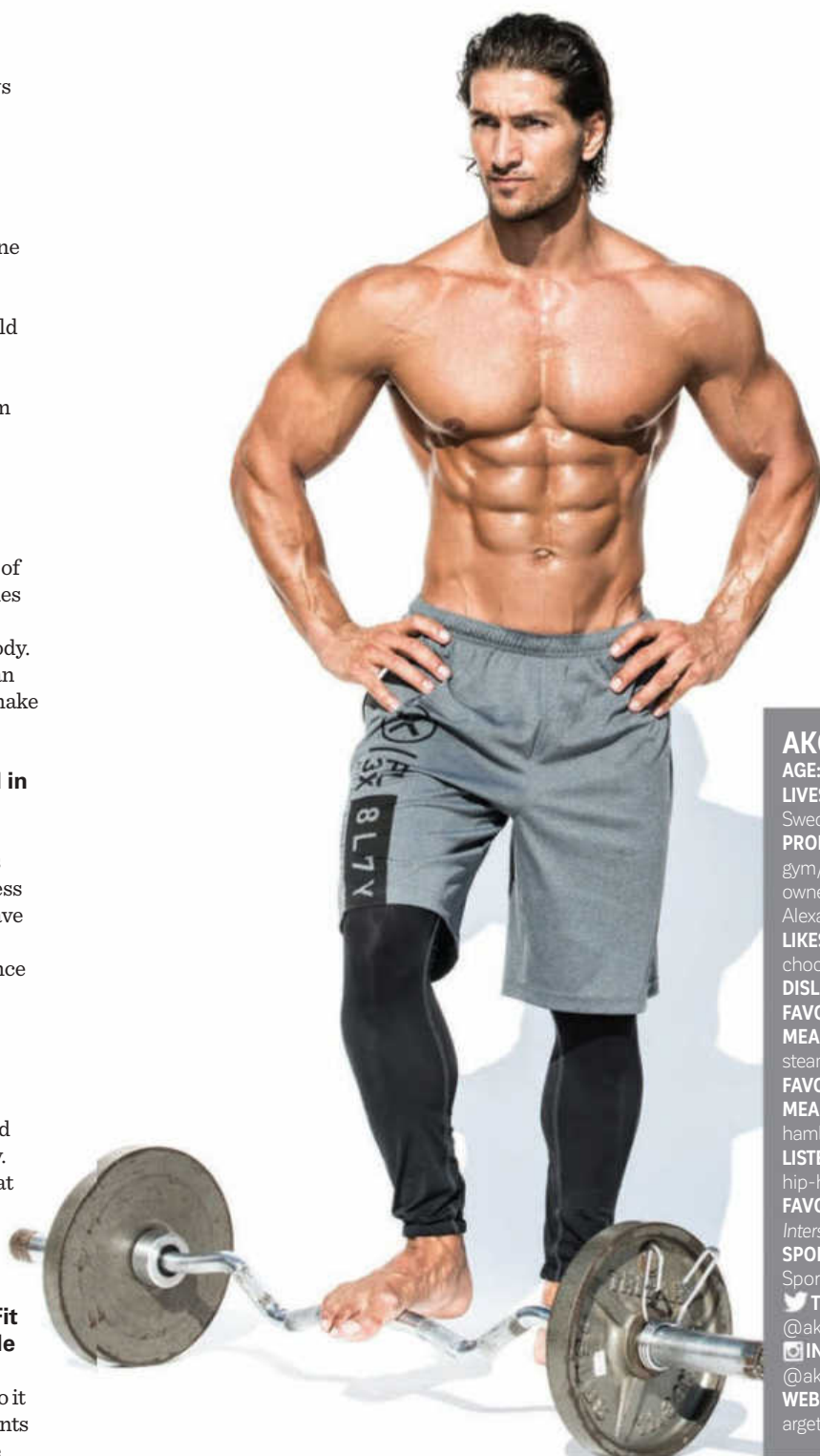
MC: Has the CrossFit training helped your core development?

AR: My biggest weakness has always been my core muscle. I had a back injury when I was 17 years old, and I couldn't do deadlifts and back squats

for over seven years. I'm working on my core muscles every day so that I don't get injured again. But since I started with Olympic weightlifting, I've become a lot stronger. I can deadlift, back squat, clean and jerk, and it's not my core and back that's the problem. Now I am working on the strength in my legs.

MC: What kind of supplements do you take?

AR: I have used BMR Sports Nutrition for four years, and it's the best. It really helps me to get stronger, get more focus during my workouts, and recover. I need the best supplements since I have to work out 11 to 12 sessions every week. And I train for three to four hours every day.



AKO RAHIM

AGE: 31

LIVES: Stockholm, Sweden

PROFESSION: Trainer, gym/CrossFit box owner with Alexander Alexandrov

LIKES: Food, summer, chocolate, animals

DISLIKES: War

FAVOURITE CLEAN

MEAL: Salmon, rice, steamed vegetables

FAVOURITE CHEAT

MEAL: Homemade hamburgers

LISTENS TO: R&B, hip-hop, house music

FAVOURITE MOVIE:

Interstellar

SPONSORS: BMR Sports Nutrition

TWITTER:

@akorahim

INSTAGRAM:

@akorahim

WEBSITE:

argetfit.com

THE CRAZY ABS WORKOUT

The journey of building muscles into a beautiful and symmetrical physique is filled with starts, restarts, doubling back and entering unassigned territory you never expected to find yourself. This is not the sign of poor programming or unintelligent training. Building your body is not a linear progress; rather it is a duel between principles of specificity and variability. We struggle to find and apply the most precise stimulus to certain muscles, but then we have to change that stimulus in just a few short weeks. It's like searching for a treasure that's always moving.

"We are an adaptive being that is always trying to maintain homeostasis. What comes with that is the body is really good at adapting to stimulus. It is always trying to make that stimulus easier," says strength coach and kinesiologist Brian Richardson the co-owner of Dynamic Fitness in Temecula, California. "That in itself is an exercise model. That is where you get your whole periodisation system of four- to six-week cycles based on the principles of adaptation."

The abdominals are a particularly elusive target, and unfortunately one that is prone to stagnation in training. The trunk is made to side flex, front flex, go into extension, rotate and generally move in 360 degrees across all planes of movement. Stimulating your abs is like learning to fly a helicopter, compared to training your biceps, which is more like driving a monorail.

Additionally, the muscles of the abdominal wall are made up of both fast-twitch and slow-twitch fibres. This means that you have to pay attention to all variables, including reps, load, tempos, and rest periods. And the mix of those fibre types can vary from athlete to athlete.

"Based on genetics alone, muscles can be very different. They don't always fit in this pretty little picture," Richardson says. "The muscles of the glutes and legs are usually fast-twitch, but look at Kenyan marathoners; they probably have more slow-twitch fibres in their lower body. That's why it's always smart to mix it up. At some point, you are going to get what you think you need and other times you are going to get what you think you don't need, but that might be what actually creates that adaptation."

Perform these exercises in a circuit fashion or in straight sets, but complete them in the order listed here, which begins with the movements that are the least stable and thus place the highest neurological load on the body.

EXERCISE

1. Lateral Ball Shuffle
2. Alligator Crawl
3. Stir the Pot
4. Bottoms-Up Carry
5. Pallof Press
6. Lying Twist
7. Lower-Abs Blaster

* switch sides each set

SETS

- 3
- 3
- 4
- 4
- 4
- 3
- 4

REPS

- 6 reps
- 30 feet (9 metres)
- 60 seconds
- 20 yards (18 metres)*
- 12-15*
- 12-15
- 15-20

Bodybuilders talk about tie-ins in the obliques and the trunk and pubic area, and about the quest for creating symmetry. But there are genetics at work there. The abdominals can be prone to hypertrophy, but guys whose core muscles are predominantly slow-twitch won't develop a lot of size in their abs, while guys who have blocky waists might be more prone to it. Ultimately, though, a widely

varied core training program is your best bet for a sculpted, mobile, and injury-free midsection.

"It's important to train all of these movement patterns to minimise risk of injury, but to also give a physique athlete that natural flexibility and athletic look onstage," Richardson says. "You don't want that stiff muscle-bound look that often comes from training in just one plane or from a limited movement pattern."



▲ 1. LATERAL BALL SHUFFLE

Begin by lying face-up on an exercise ball with your arms out to the sides and palms facing upward. Your knees should be bent approximately 90 degrees. Slowly shuffle your feet laterally until one shoulder and one hip migrate

off of the ball. Contract your core to remain stationary and balanced on the ball with your shoulders squared to the ceiling. Pause for approximately three seconds, then repeat to the other side for the allotted repetitions.

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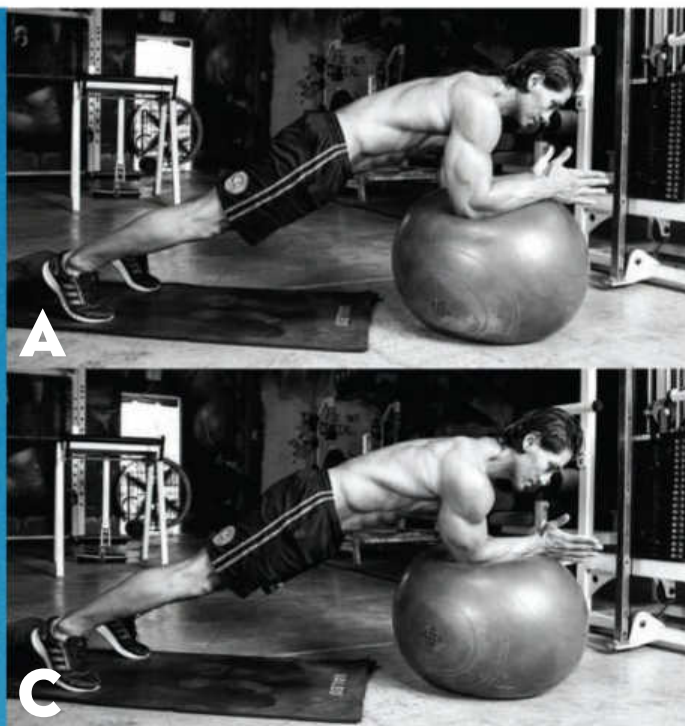
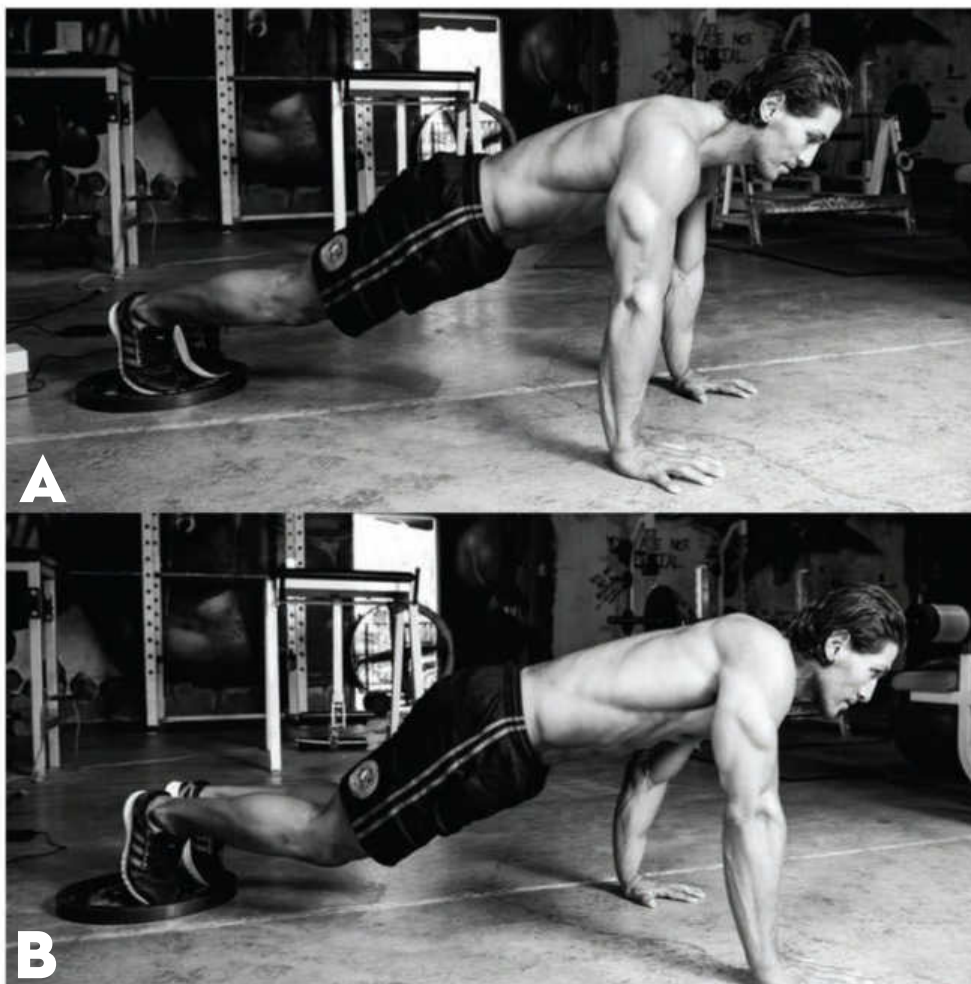
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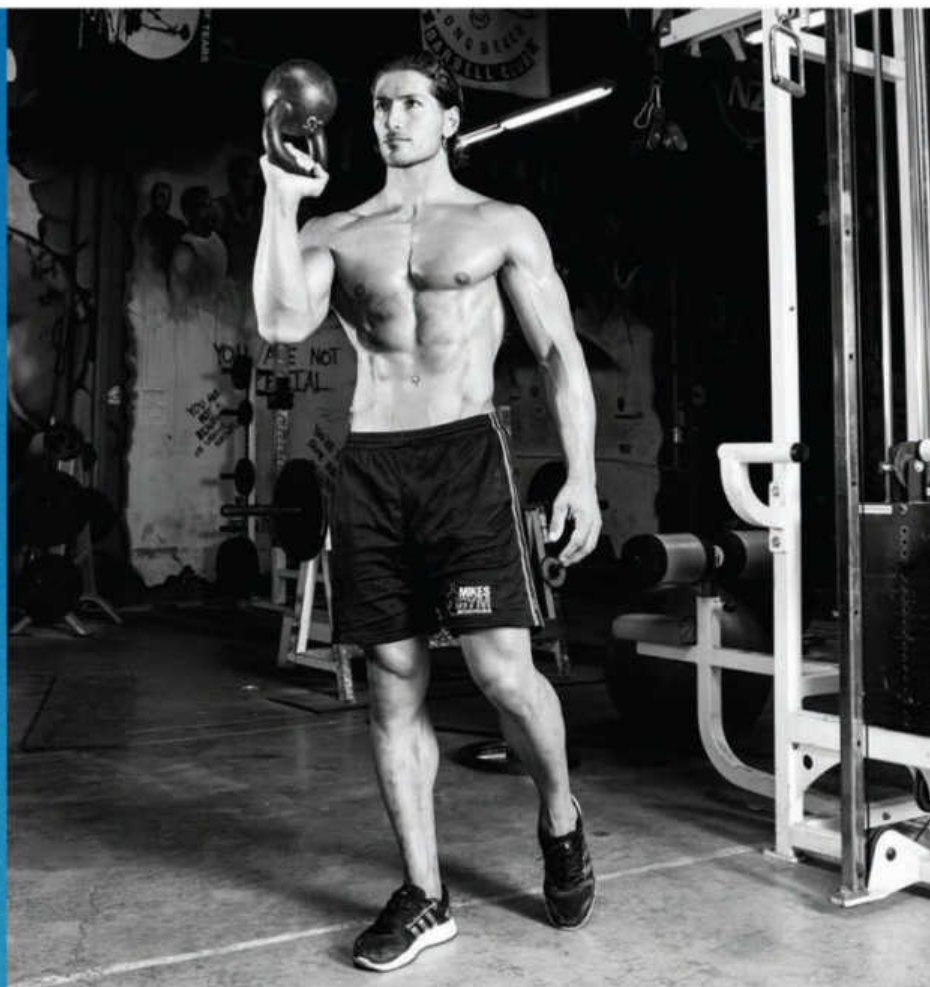
2. ALLIGATOR CRAWL ▶

On a section of indoor turf or smooth flooring, get into a push-up position with your feet on a 25-pound (11 kg) weight plate. Make sure the side of the plate with the lip is facing up and the flat side is face-down. Take a deep breath, flex the muscles in your core, and squeeze your glutes. Without lifting your feet, and keeping your abdominals activated throughout, walk forward with your hands, using your toes to drag the plate behind you.



▲ 3. STIR THE POT

From a kneeling position, place your forearms on an exercise ball in front of you. Come off your knees and onto the balls of your feet and into a plank position with your body forming a straight line from your head to your heels. Your abs should be braced, your glutes engaged, your elbows under your shoulders, and you should have neutral spine alignment. Initiate the movement by slowly moving your forearms forward and then into a clockwise circular motion for the prescribed amount of time. Reverse the direction of the circle for the next set.

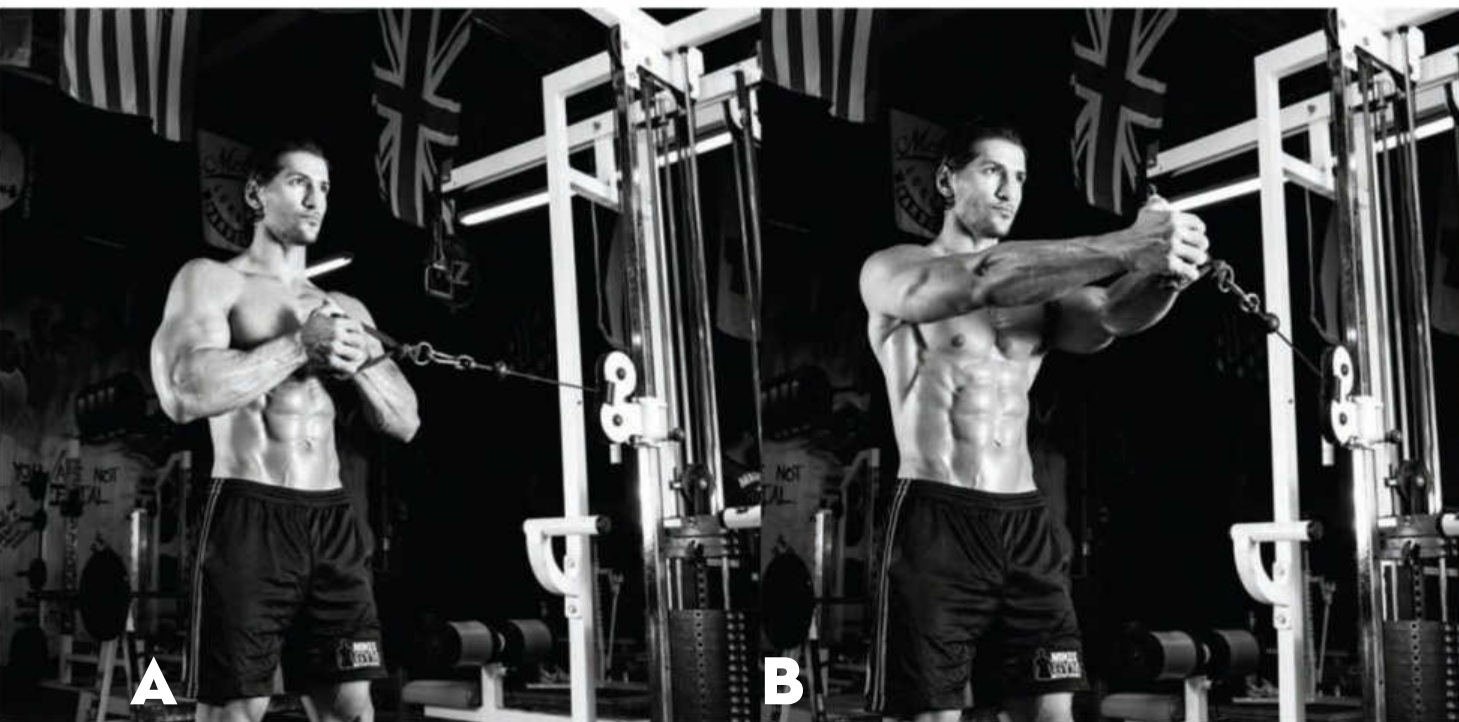


4. BOTTOMS-UP CARRY

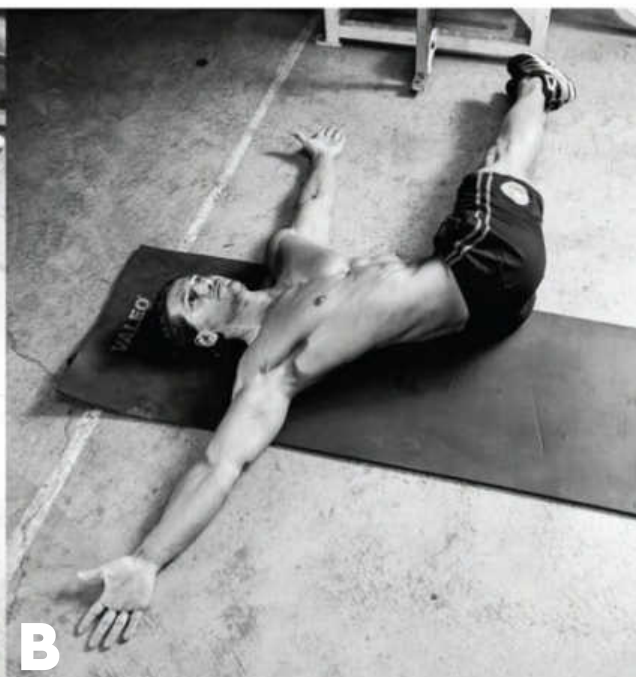
Grasp a kettlebell by the handle and curl it so it's upside down. Keep your elbow bent and just below shoulder height. Hold your hand close to your chin (or slightly in front of your chin for an extra challenge) and do not allow the elbow to flare out to the side. Keep your trunk braced and your posture tall. Maintain this position as you walk with slow and deliberate steps for the prescribed distance. Be sure to perform the movement on both sides.

5. PALLOF PRESS

Stand perpendicular to a cable stack machine with a D-handle set to sternum height. Set your feet shoulder-width apart and grip the handle with two hands. With your knees slightly bent, start with both hands tightly gripping the handle and tucked closely to your chest. Slowly extend both arms forward in a pressing motion. The end of the motion will look as if you are holding a gun at a shooting range. Other variations include holding the press for 20 seconds or more, or pressing overhead rather than straight forward.



CRAZY ABS




▲ 6. LYING TWIST

Lie on your back with your arms straight out to the sides, legs straight up in the air and toes pointed at the ceiling. Your hip, shoulder blades and back of your head should remain in contact with the ground throughout the movement. Lower your legs all the

way to one side until they lightly touch the ground. Take a breath and tighten your abdominals. Slowly bring them up in an arcing motion across your body and all the way to the other side until they lightly touch the ground. Repeat for reps.



▲ 7. LOWER-ABS BLASTER

Lie flat on your back with your knees slightly bent. If necessary, hold onto a post or a kettlebell behind your head for stability. Lift both legs straight up in the air so that they are at a 90-degree angle and perpendicular to the floor. Lower your legs to a 70-degree angle and hold for a second. Lift your legs back to 90 degrees and, once there, raise your hips off the ground, pushing your feet toward the sky. During the raise, your hips should rise slightly off the ground. 

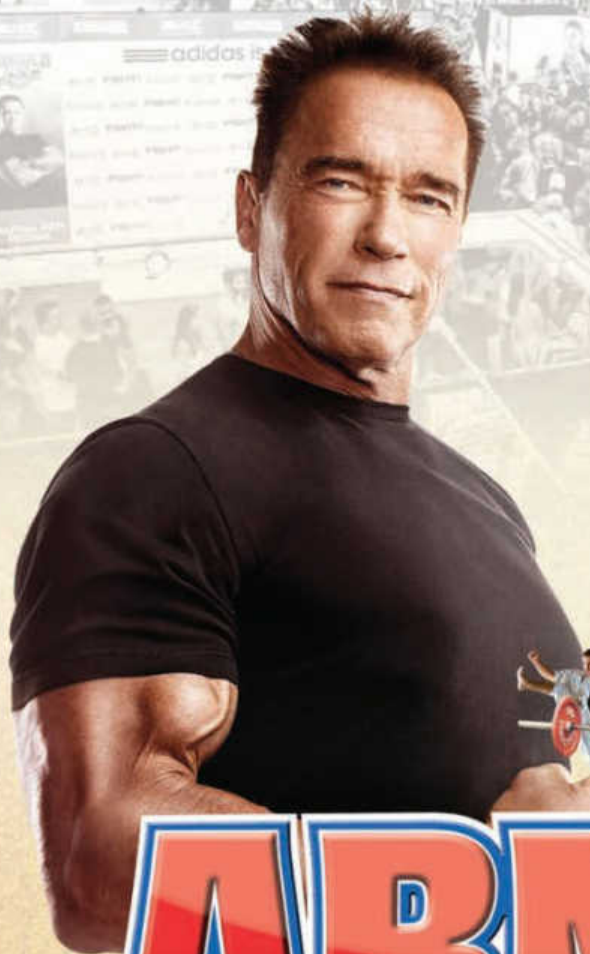
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SOME SERIOUS PULL

Build a thicker back and bigger biceps with this multi-faceted, free-weight workout.

By Joe Wuebben
Photography by Binajs Begovic



SERIOUS PULL

There's a fine line to walk on those one or two days a week you find yourself hitting back and/or biceps: Don't overthink it by getting too cute with novel exercises, but don't be so predictable that your workouts become stale and boring and cease

to deliver results within weeks.

The below workout, designed specifically for upper-body pulling days, strikes the ideal balance between meat-and-potatoes training and muscle-shocking variety. There are no machines involved — only free weights and body weight — yet all necessary angles and anatomical planes are accounted for.

The back portion of the session focuses mostly on rowing with three different variations (T-bar, inverted, and one-arm dumbbell rows) that will help build dense, thick upper-back muscles, namely the lats, rhomboids, and middle traps. Body weight pull-ups, however, will accentuate width for a better V-taper, and high-rep dumbbell pullovers are a nod to bodybuilders of yesteryear who loved this isolation exercise for hitting the lats as well as the hard-to-reach but beautiful-to-look-at serratus muscles.

The Workout

EXERCISE	SETS	REPS
Back:		
T-Bar Row	4	6-8
Iso-Hold Pull-Up	3	to failure
Inverted Row	5	0 total*
SUPERSET		
One-Arm Dumbbell Row	3	12
Dumbbell Pullover	3	20
Biceps:		
Spider Curl	4	10-12
Dumbbell Drag Curl	3	12
Reverse EZ-Bar Curl	3	12
Dumbbell Hammer Curl**	1	18-10+
(Down the Rack)		

*Complete 50 reps in as few sets as possible, breaking those reps however you need.

**See dumbbell hammer curl description for instructions on going 'down the rack'.



JEREMY BUENDIA

AGE: 25

LIVES: Murrieta, California

PROFESSION: 2X Mr. Olympia Men's Physique Champion

FAVOURITE DRINK: Diet Coke

GO-TO WEBSITE: INSTAGRAM

DESERT ISLAND EXERCISES: Push-ups, pull-ups, lunges

BINGE TV SHOW: The Walking Dead

FAVOURITE CHARITY: Make-a-Wish Foundation

SPONSORS: Evogen Nutrition, LiveFit Apparel

TWITTER: @MrJeremyBuendia

INSTAGRAM: @jeremy_buendia

WEBSITE: jeremybuendiafitness.com

The volume prescribed for back is sufficient — 14 sets on paper, though the 50 reps of inverted rows will count for at least three sets for most people — and rep counts go from relatively low on the first two exercises (depending on how strong your pull-ups are) to fairly high by the end. You'll be in a hypertrophy sweet spot here, with just a slight emphasis on strength development during T-bar rows and pull-ups.

The biceps piece of the workout is all about covering the necessary angles for promoting maximal development in both the long head and short head while also stimulating the smaller brachialis and brachioradialis muscles to spark growth in the forearms.

Research on muscle activity during training shows that curling exercises where the upper arm is behind the body (drag curls in this

workout) stimulate the long head of the biceps to the highest degree due to the increased stretch in this position. The biceps short head, on the other hand, is targeted to a great extent when the upper arm is in front of the body. This is seen most often with preacher curls and the spider curls that are part of this program. Finally, reverse EZ-bar curls target the brachialis and brachioradialis, and hammer curls hit both the biceps long head and brachialis.

Plug this back and biceps workout into your training split between chest/shoulders/triceps and legs, or split the two body parts into separate workouts if you prefer to train them apart. Just make sure you're finding that happy medium between being creative in the gym and banging out the basics. **IM**

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SERIOUS PULL

T-BAR ROW

SETUP: Stand on the platform of the machine with your feet roughly shoulder-width apart and knees slightly bent. Lean forward and grab the bar with a shoulder-width overhand grip and begin with your arms extended below you and your torso about 45 degrees with the floor.

EXECUTION: Pull the weight in toward you by contracting your back muscles and bending your elbows, keeping your chest out and lower back flat. At the top of the rep, squeeze the contraction for a beat, then slowly lower the weight back to the start position and repeat for reps.



ISO-HOLD PULL-UP

SETUP: Grasp an overhead bar with a pronated grip (palms facing forward) and your hands spaced at least shoulder-width apart. Start from a hanging position, arms fully extended and feet off the floor.

EXECUTION: Pull yourself straight up until your chin clears the bar. At the top of the rep, hold the position for an isometric contraction for one or two counts. If you're approaching failure before the prescribed rep count, finish with partial reps.

If you can't do body weight pull-ups, try elastic band assisted pull-ups, where the band is attached to either end of the pull-up bar and goes under your knees to assist the movement.

INVERTED ROW

SETUP: Set the bar in a squat rack to about hip height (a Smith machine will work, too, if you want an extra challenge), and place a bench or plyo box a few feet in front of it. Lie face-up underneath the bar and grasp it with a wide overhand grip, palms facing forward (pronated). Place your heels on the floor (or up on the bench or box), and start with your arms fully extended and your body in a stiff plank.

EXECUTION: Contract your back muscles to pull yourself up to the bar until your chest touches it, maintaining a plank through your torso and legs. Lower yourself down under control until your elbows are fully extended, then repeat for reps.

**A****B****ONE-ARM DUMBBELL ROW**

SETUP: Place one bent knee and same-side hand on a flat bench with the opposite foot on the floor and that hand holding a dumbbell. Bend over at the waist with your back parallel with the floor, eyes pointed downward, and the dumbbell hanging straight toward the floor with your arm extended and palm facing in.

EXECUTION: Keeping your torso facing down toward the floor, pull the dumbbell straight up to your side by contracting your back muscles and bending your elbow. At the top of the rep, with your hand just below your chest, squeeze the contraction in your back for a count, then slowly lower the dumbbell to the start position. Complete all reps with one arm, then switch arms and repeat.

DUMBBELL PULLOVER

SETUP: Lie back on a flat bench with your head just off the end of it, holding a dumbbell with both hands. Keep your knees bent and feet on the floor. Begin holding the dumbbell straight up over your chest with your arms extended but just shy of full elbow lockout.

EXECUTION: Keeping your elbows slightly bent, lower the dumbbell back and behind your head in an arc until you feel a stretch in your lats. At this point, focus on contracting your lats to return the dumbbell to the start position, then repeat for reps.

**A****B**

SERIOUS PULL

SPIDER CURL



SETUP: Lie face-down on an incline bench with your feet on the floor behind you and chest against the top part of the pad. Hold a set of dumbbells with your palms facing each other, and start with your arms extended straight down toward the floor.

EXECUTION: Keeping your upper arm perpendicular with the floor (don't let your elbow move forward or lift up), curl one weight up through a full range of motion without letting your elbow flare out. At the top of the rep, your hand should be right in front of your shoulder. Slowly lower the weight back down to full elbow extension, then repeat for the other arm. Alternate arms every other rep until the set is complete.



DUMBBELL DRAG CURL

SETUP: Stand holding a dumbbell in each hand with your palms facing forward and arms fully extended toward the floor. Keep your back erect and head up.

EXECUTION: Pull the dumbbells straight up the sides of your body by raising your elbows behind you, keeping your palms facing forward and focusing solely on contracting your biceps. Raise the dumbbells as high as possible, which should be somewhere around lower-chest height. Squeeze your biceps hard for a count at the top, then slowly reverse the motion to return to the start position and repeat for reps.



REVERSE EZ-BARCURL

SETUP: Stand holding an EZ-bar in front of your thighs with a pronated grip (palms facing down or behind you) and your hands shoulder-width apart. The elbows should be fully extended and in tight to your torso.


EXECUTION: Keeping your upper arms stationary (only the forearms should move), curl the weight all the way until your biceps are fully contracted and the bar approaching shoulder level. Hold the contracted position for a second as you squeeze the muscle, then slowly lower back down to the start position. Repeat for reps.



DUMBBELL HAMMER CURL (Down the Rack)

SETUP: Stand holding a pair of dumbbells at your sides with your arms extended toward the floor and palms facing each other (neutral or 'hammer' grip).

EXECUTION: Curl one dumbbell to the top of your range of motion, keeping your palm neutral throughout, then slowly lower back down to the start position. Keep your elbows pinned to your sides the entire time. Complete a rep with the opposite arm, alternating sides every other rep.

For the 'down the rack' technique (aka drop sets), start with a pair of dumbbells that will elicit muscle failure at eight to 10 reps. When you reach failure, immediately set those dumbbells down and pick up the next smaller pair of dumbbells on the rack. Go to failure with those, then continue 'down the rack' in this manner until you're using the lightest dumbbells possible. During the set, don't take any rest between drops — only as long as it takes you to switch dumbbells. 

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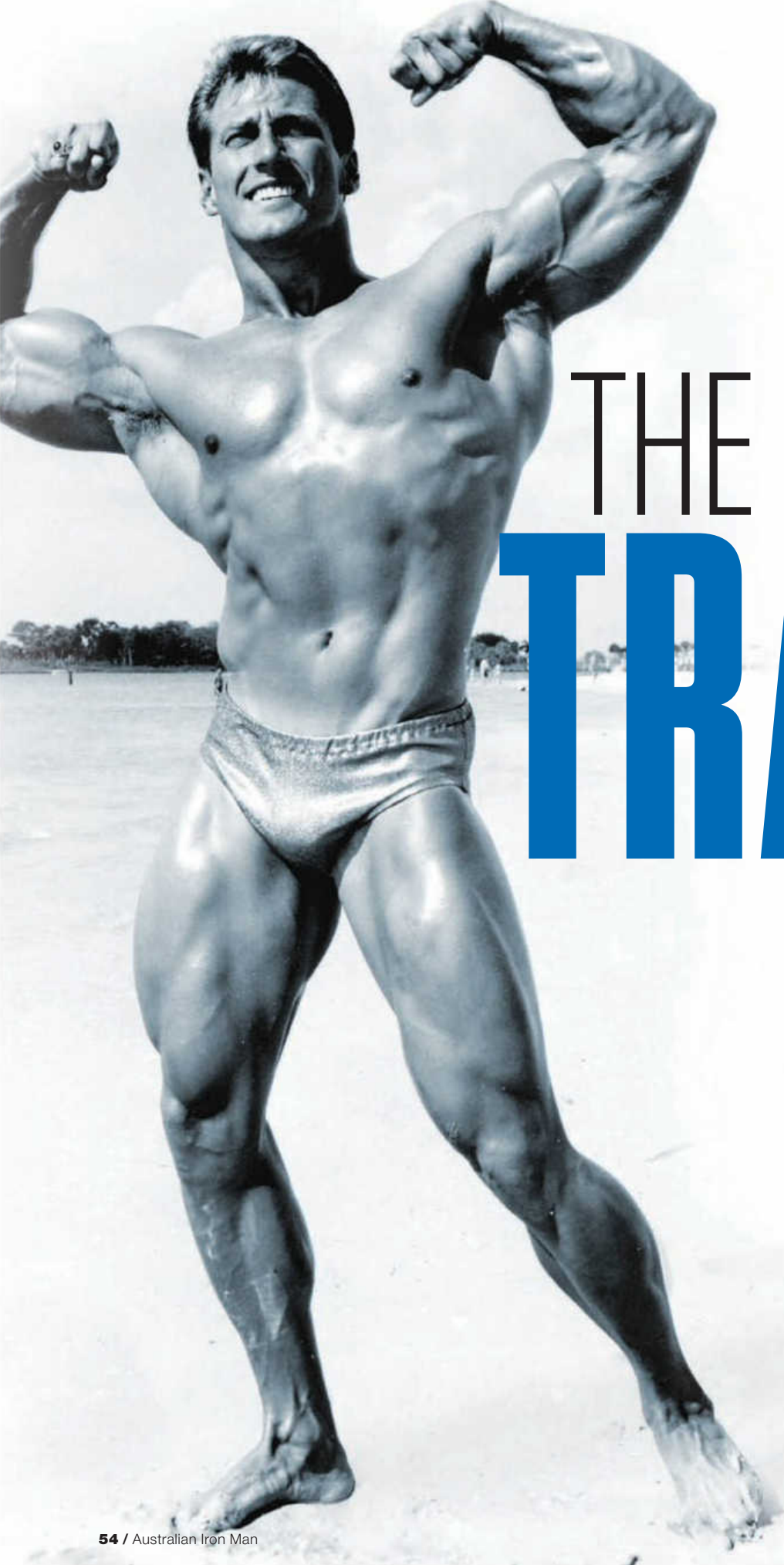
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THE ART OF **TRANS**

Christine Zane/Model: Frank Zane

FORMATION



HOW TO MASTER THE BODY TRANSFORMATION



Gym rats want it. Personal trainers deliver it. The fitness industry promotes it. But... do you know how to BEST get it? I am talking about the body transformation!

By Josh Dickinson

THE ART OF TRANSFORMATION

A body transformation may spring to mind many images. From ripped abs and tight buns to cannonball delts and long, shapely thighs. But, before racing in head-first, understand that the best transformations always start from accepting all of your previous screw-ups. How do you get the body you've always wanted without acknowledging why you have never got it before? In other words, why do you want to transform?

The why

Okay, so you want to transform your body. That's awesome and you are now speaking my language. My next question is WHY? What is it about your current self that you are unhappy about and aiming to change? Regardless of your answer, the cause is always same. You might say "I want to gain more mass," "I want to lose the gut," or "I want to have a better relationship with food."

Your current physique is a reflection of the lifestyle that you are living now, and is not optimal for delivering the results that you want. So step one will be accepting that we are tackling a bigger issue than first anticipated. We need to look at the entire 'process' that delivers the desired outcome, not just the perceived end result!

The key lies in your METABOLISM.

Transformation mastery means creating new habits.



Neveux

The best transformations always start from accepting all of your previous screw-ups.



Metabolism

It's not just your program or your diet; rather, it's your metabolism that is responsible for your success, from improved body composition to more energy and better health. In simple terms, your metabolism is essentially the chemical process of all transferred energy: what comes in and how it is then utilised. Your end result is a direct result of how you live.

To improve how we 'live', we only have two tools at our disposal. Those two tools are nutrition (how we fuel) and exercise (how you move). Without creating a solution, the problem many people fall victim to when embarking on, for example, a 12-week transformation challenge is throwing everything at it on day one. Straight into a six-day split routine, cutting calories, dropping carbs and all the standard 'tricks of the trade' to get shredded.

If you have done this before, you know that by week three you have

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either given up or, if you are a stubborn bugger, then you are already in the hurt locker and absolutely dreading the next nine weeks. Surely there must be a better way.

A better way

There is one! And that is working **WITH** your body, not against it. You will get there faster, more easily and with a much better chance of being able to maintain and build upon your achieved result. When we start too 'full on' and throw everything at it at once, it's often because we are fixated on the outcome and not addressing the long-term issues. Will such a regime be sustainable or will you be clawing the walls for pizza and beers after 12 weeks?

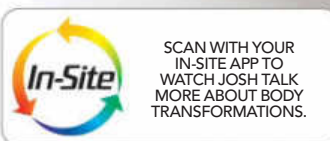
We don't often talk about the 13th week much in a 12-week transformation, but I feel it is critical for your overall, long-term success. It shouldn't be just a matter of what you have achieved in 12 weeks, but rather what are you **STILL** achieving 12 months later? It's nice to get a result; it's nice to get the abs. But it's also important to know how to keep them. Otherwise, it's a hell of a lot of work for a short-term, fleeting-moment goal.

**YOUR CURRENT
PHYSIQUE IS A
REFLECTION OF
THE LIFESTYLE THAT
YOU ARE LIVING NOW,
AND IS NOT OPTIMAL
FOR DELIVERING
THE RESULTS THAT
YOU WANT.**

Enter habits, lifestyle and 'less is more'

We can have the greatest intentions in the world, but those intentions are ultimately controlled by your habits. What are habits, you may ask, and how can we change them?

Habits are essentially your brain's



Training and nutrition are simply tools we have to construct the right metabolism.

way of enabling you to get through the day. It is a regular routine that is 'chunked down' and becomes part of your subconscious programming. Could you imagine if every time you needed to brush your teeth or, better yet, curl a weight in the gym, you needed to re-learn all the steps required to do so? Your brain breaks down those steps and tucks them away. This lets you go on 'auto-pilot' to complete that replicated action.

So transformation mastery also extends to creating new habits. If you fail to create new habits, then you may achieve that initial 12-week goal, but where will you be 12 weeks after? We all have those friends who have achieved great short-term success only to see their results slip by the wayside, for the fat to come back on, to lose the gains

and go back to square one. All because they focused on their desired outcome rather than on constructing and creating new habits.

Macros shmackros

Do you know how many calories are in a tub of Nutella or a Magnum ice cream? Or how many carbs are in your breakfast cereal? Truth is, you don't need to care. I know this may be confrontational, but in reality it doesn't really matter. What **DOES** matter, though, is that you understand the role your food plays in your transformation goals.

With excessive training for a transformation often comes a **DIET**. Because that's what you do, right? You diet. Well, dieting is all good and well, but success isn't about 'cutting out', 'skipping the carbs' or anything

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THE ART OF TRANSFORMATION

like that. True lasting success is about understanding the fuel you eat and making the best choices suitable to your goal.

A better strategy, if you are going to 'cut your carbs', what are you going to replace it with? Or if you have 'calories to make up for the day', do you really think hooking into half a jar of Nutella is going to give you the results you are after?

I am not talking about what you can 'get away with'. No one wants to be perfect all the time, even on a transformation challenge. But what I would first look at is, why do you have to make up anything? If you felt there was an availability to 'make up' some calories, then what have you missed out on that day? Have you missed a meal, or simply missed the volume within a meal? Did you miss a component of a meal (protein, carbs or fats) or are old bad habits coming back? So how do any of these give you a 'free pass' to something that will not be within your best interest to take you closer to your physique goals? Two wrongs don't make a right, especially here. *[There's nothing inherently wrong with eating Nutella; the fats and carbs break down just like any other food but Josh is obviously not a proponent of flexible dieting! — Ed]*

I'm not saying you shouldn't, I'm just saying understand your WHY first.

When to ramp it up

So, you've started slow. You are training consistently, getting stronger and never missing a session. You are eating great and your body is changing at a phenomenal rate. When do you ramp things up, increase your training and start dropping calories?

Well, why? If things are great and you are progressing at great speed, what makes you think you need to change things?

If progress slows, the very first thing you should look at is nutrition. And often it's not that you are eating too much — rather, it's 'are you eating enough?' You may very well need to INCREASE your energy intake.

If you are getting stronger and pushing more in the gym, building muscle, shifting fat and your metabolism is increasing, that means you are burning more energy through the day. Now things have slowed down, so why would you REDUCE the sub-optimal amount of energy you are ingesting?



I'm not saying you shouldn't eat a certain way, but understand the reason WHY first.

Mistake number two is when, after the calorie cut, you increase cardio! Guess what happens? You may see a little 'movement' for a few days, and then it stops again.

The most common solution, of course, is to 'cut' more and 'do' more. And then the spiral continues until you are moving way more than needed, feeding way LESS than needed and headed to a path of diminished returns. Trying to do more with less just doesn't make sense!

Retracing your steps

First, understand what we are trying to fix; don't aim for a solution based on an outcome. It's the role of our metabolism and we are aiming to construct a new way of living.

Training and nutrition are simply tools we have to construct the right metabolism. It's not about diet, cutting, counting or any other mind-numbing exercise. It is about understanding choice, origin and selecting the right options then doing it consistently.

And it's not always about more. It is about balance. The right input vs. output = long-term, sustainable result.

Good luck in your next transformation and remember: it's not just about a result, it's about MASTERY! 🏆



It shouldn't be just a matter of what you have achieved in 12 weeks, but rather what are you STILL achieving 12 months later?

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ask INTERNATIONAL PROTEIN

Do you need to cut out protein shakes before a competition? I've heard the International Protein athletes keep theirs in up until show day.

No, you don't need to cut out protein shakes until about 2-3 days before your competition. There is often a misconception that protein shakes hold fluid between the skin and the muscle making you look 'watery' and this is why people used to cut them out, often weeks before a show. We aren't sure where this idea came from, possibly from when people used protein shakes that were lower quality, maybe higher in sodium and sugars or contained other ingredients.

As far as I know most, if not all the International Protein athletes keep

their protein supplements in until very close to competition day without suffering any water retention, bloating or other negative side effects.

Christine Envall uses Iso Cuts and Protein Synergy 5 as her main proteins up until she starts to carb up (2-3 days out), changing over to chicken because it makes her 'hungrier' and allows her to eat more food when carbing.

Branden Ray also uses Iso Cuts and Protein Synergy 5 until 1 ½ days before completion, switching to beef and chicken when he carbs up.



How can you use the International Protein range pre-contest?

There are lots of options for using International Protein products as part of your pre-contest nutrition.

Let's start with the amino acids; Glutamine, Krealkalyn, NO Ignition & Amino Recovery.

Glutamine can be used daily, first thing in the morning and/or post workout to help with recovery, maintain gut health and to support your immune system. Staying healthy while prepping is key to your success and Glutamine helps you do this.

Krealkalyn can be used about 45 minutes before training to help with strength and endurance while dieting. It can be used with NO Ignition.

The best way to use a pre-trainer like NO Ignition pre-comp is to use it on a tough workout like legs or save it for when the going gets tough closer to your show. Don't use a pre-trainer like a crutch, use it when you really need it, not just as an everyday supplement.

Amino Recovery is best used during or immediately after your work out or high intensity cardio when prepping. This supplement is brilliant when dieting as it helps with immediate recovery while adding very few calories to your diet. It has all the essential amino acids you need for full muscle recovery (not just the BCAA's like some amino products).

Now for the carbs... Extreme Carbs was designed with competitive sports people, particularly bodybuilders, in mind. Carbs are required for energy during training, but when prepping for a show it's important to get the right types of carbs and the right quantity. Extreme Carbs contains a blend of fast, medium and slower releasing carbs along with an ingredient that helps load carbs into the muscle for energy (as glycogen). This minimises the chance of any of these carbs being stored as bodyfat. Extreme Carbs can be dosed very accurately so you can get the exact amount of carbs you need, and it's also in a format that allows you to increase or decrease them very easily as required throughout your prep. They can also be used as part of your carb up.

And finally the protein... any of the proteins from the International Protein range can be used as a protein source during competition prep, but the most suitable are the Iso Cuts, Amino Charged WPI and Protein Synergy 5. Iso Cuts contains potent thermogenic ingredients along with a pure WPI protein, so it's very popular with dieting competitors. Amino charged WPI is always the best protein to use in the post workout meal, and the Protein Synergy 5 in the last protein meal and if protein supplements are used at any of the day time meals, for example mid-morning or mid-afternoon.

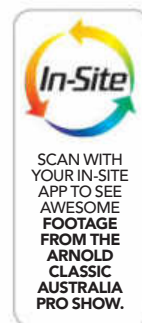
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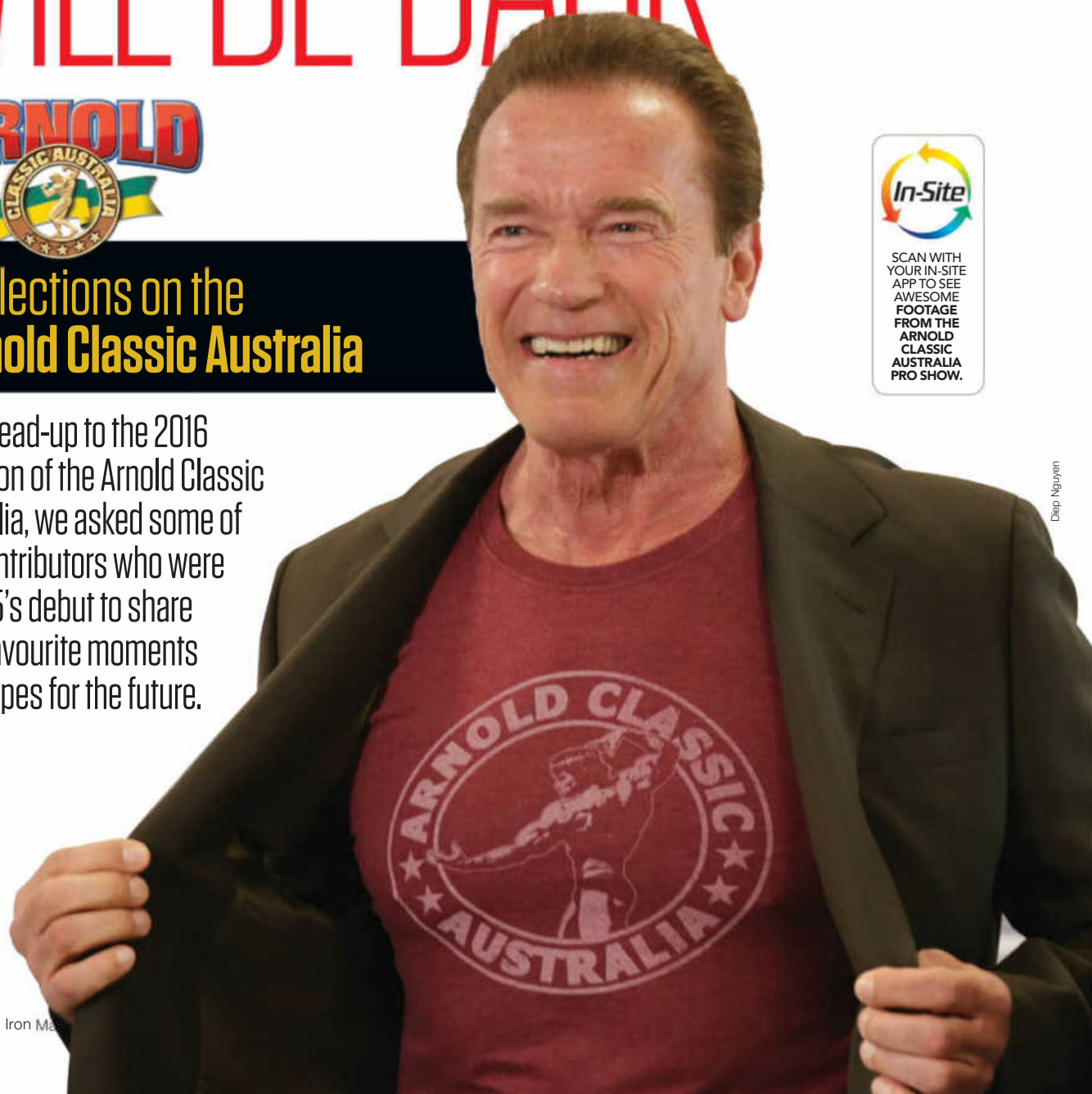


Reflections on the Arnold Classic Australia

In the lead-up to the 2016 rendition of the Arnold Classic Australia, we asked some of our contributors who were at 2015's debut to share their favourite moments and hopes for the future.



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AWESOME
FOOTAGE
FROM THE
ARNOLD
CLASSIC
AUSTRALIA
PRO SHOW.



Diep Nguyen

DARREN BURNS:

On all levels, the inaugural Arnold Classic Australia was an enormous success and full credit must go to promoter Tony Doherty and his team for working tirelessly to bring a multi-sports festival of this magnitude to fruition. Personally, the most memorable moment was seeing that pride and satisfaction in Tony's face as Arnold received a standing ovation after being introduced to the capacity audience at the Arnold Classic Australia finals. It was the accumulation of a vision that was created over 20 years when Tony attended the 1992 Arnold Classic in Ohio. Also, having known Tony for many years and his relentless quest to raise the bar each year, I can't wait to see what he has planned for 2016.

Another highlight was seeing Australia's newest bodybuilding star, Josh Lenartowicz, mixing it with the world's best. Towards the end of 2015, Josh showed tremendous improvements in taking out both the San Marino and Ferrigno Legacy shows and if he continues at this rate, he will certainly be in contention for the first call-out at the 2016 ACA. Speaking of the Ferrigno Legacy, another Australian pro, Luke Schembri, had been spending a lot of time with Craig Lucas on his posing in preparation for Lou's show. However, due to time constraints, many of the pro bodybuilders were unable to perform their routines. So Luke's supporters will be in for a treat as they witness the debut of his new routine.

At the Arnold Classic Australia Men's Finals.



Diep Nguyen



Arnold enjoys the martial arts festival alongside Tony Doherty and Jim Lorimer.

Keith Rozario



Dayne Hudson interviews Calum von Moger.

Diep Nguyen



Kevin Levrone and Chris Cormier at the Arnold SuperGym.

Darren Burns

FIONA FLANDERS:

The year 2015 seems to have passed in a blur and it's almost March again. March means the Arnold Classic and this event really is one of my favourite times of the year. An intense few days of work and play and not a minute to spare. Here's a few of my Arnold highlights:

- I was squished against Arnold in the *Iron Man* booth during a media frenzy, so that gave me bragging rights for quite some time! I was fortunate to be at Arnold's Q&A prior to the squishing incident and I was incredibly impressed by the man as opposed to the legend I had only read about or seen on the big screen. His message of 'giving back' surpassed anything else I heard during the weekend.
- Meeting IFBB pro Ben Pakulski and seeing him on stage.
- Cheering on Josh Lenartowicz with the rest of the Aussies in the crowd at the Pro show. Really looking forward to seeing him compete at the Arnold again after his pro wins overseas.
- There are not too many bodybuilders where I live (just the one actually), so catching up with people I have competed and travelled with is a real thrill. I feel as though I'm back with my tribe!

- I sat next to Evan Centopani during the competitors' meeting and was once again struck by what a lovely guy he is. It's rumoured that he may be doing training sessions while he's in Melbourne, so that is right up there on my list of things to do at the 2016 Arnolds.
- Reporting on Milos Sarcev's muscle camp was an amazing experience.
- I spent some time with the fabulous Eliyan Lobez during the meet and greet and was thrilled to see her so competitive in a world-class line-up on stage.
- Training at the iconic Doherty's Gym is always a bonus of being in Melbourne.

My list of highlights is pretty comprehensive, so I don't think I missed anything I really wanted to see this year. Tony Doherty runs such a slick event that the only change I would like personally, is a little more time to spare!



Fiona Flanders with Eliyan Lobez.

Darren Burns



Vance Ang meets Milos Sarcev.

Diep Nguyen



Ronnie Coleman meets the fans.

Keith Rozario

DAYNE HUDSON:

For me, the highlight of the Arnold Classic Australia in 2015 was definitely seeing so many world-renowned bodybuilders not just under the same roof, but posing under it. To top it all off, Arnold was behind me, watching it all unfold. It was just incredible, and a part of the sports history I'm proud I was there to see!

Because there is so much happening, there were a few things I missed that I'll make sure to catch in 2016. Namely, the strongman events — I missed the lift by Eddie Hall with Arnold there. The footage was insane!

What am I looking forward to in 2016? Well, they tell me both Phil Heath and Kai Greene will compete — now that would be something. That's one rumour I would love to be true. Also, hopefully I can get into the minds of more of the bodybuilders and ask the questions the fans want answers to!

VANCE ANG:

Having been a journo in this sport now since 2005, I think it would be fair to say that none of us could have anticipated something of this magnitude occurring here in Australia and certainly not Melbourne. Therefore Tony's announcement of the Arnold Classic Australia in March 2014 (at what would be the final FitX) heralded a new era in the sport and the debut in 2015 was like nothing we had ever seen. Last year's event was further testimony to the brand strength and influence of Arnold Schwarzenegger, with thousands of adoring fans flocking to the event to catch a glimpse of this living legend. I was lucky to meet and have a photo taken with Arnold in 2013 at a separate event but replicating this opportunity at the Arnold Classic 2016 is, of course, a welcome prospect!

The scope of the event is something that cannot be underestimated nor understated; the range of sporting categories is so overwhelming, much like the event itself, and therefore at the 2016 incarnation I am hoping to check out more of the other sports. Being a former martial artist myself, I'd be keen to watch more of the demonstrations (which Arnold himself praised at his surprise visit to last year's after party) and engage with experts in the field. However, with my journalistic expertise in bodybuilding and fitness, I am hoping to secure more time to speak with more of the American IFBB pros; with so much going on it is impossible to meet with all of the pros and attend all associated convention events — this year I am certainly going to try. It'd be truly fascinating to interview industry royalty such as IFBB President Rafael Sontoya or Bob Lorimer.



The security 'bubble' around Arnold.

Darren Burns




The Arnold expo.

Diep Nguyen

Besides Arnold himself, I am highly anticipating the Pro Show as it not only exhibits the most elite athletes in this sport, but also the event itself with its blockbuster quality and high production values, which sets itself apart as being the best bodybuilding and fitness event in the country today. Everything from the size and acoustics of the Plenary Hall, the pyrotechnics, the signature Tony Doherty delivery — it all culminates in this electrifying aura that fills the auditorium. Furthermore, being a pro event, the show is run in an exceptionally timely format — a quality world-class competition all wrapped in three hours!

From a personal perspective, the Arnold Classic Australia is almost akin to a reunion of sorts and catching up with various luminaries was one of the elements I enjoyed the most and something I'm eagerly anticipating again in 2016. Being greeted by some familiar faces or meeting some new ones, is all part of the collective excitement we experience in being part of such an event. There are countless awesome experiences I was privy to at last year's event but two notable experiences for me were the stunning Larissa Reis recognising me and also having a last minute interaction with the legendary Milos Sarcev at the *Iron Man* booth. Wow, just Wow.

It is difficult to know what to expect at the ACA 2016; however, whatever eventuates, we can be damn sure it will be bigger and better than last year's. One could ask if this is even possible, but it is apparent that the Schwarzenegger-Doherty dynamic will yield something truly spectacular once again. 



Blitz Publications CEO Silvio Morelli greets Arnold at the Iron Man booth.

The Arnold Classic Australia will be held at the Melbourne Convention and Exhibition Centre on **March 18–20, 2016**. For more information or to purchase tickets, visit www.arnoldclassic.com.au.

Gary Phillips

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Man Up

By Vince DelMonte

Boost natural testosterone production levels with these nine health-enhancing tips.

If your goal is to have ripped abs, a muscular body and long-lasting sex, then your total testosterone levels should be between 270 and 1,100 nanograms per deciliter (depending on the testing method). Testosterone is a powerful and natural anabolic hormone that impacts everything from impotence, sex drive, fat storage, man boobs, ability to build muscle, mood, disease and even cancer.

While testosterone production is genetically regulated and determined, and while genetic coding is not yet within our ability to control, we do have the ability to influence genetic expression — and therefore testosterone production — by manipulating four factors: exercise, nutrition, lifestyle, and supplementation.

If you have borderline testosterone levels and you're considering testosterone replacement therapy — no matter your age — you should first attempt to raise your levels with exercise, stress control, nutrition, and sleep. Each of the following pro-testosterone steps will also boost your overall health and energy, and should be faithfully implemented before you consider getting a prescription or trying a testosterone-boosting supplement.

1. Feast on fat

Studies have shown that monounsaturated fats help your body to create more testosterone and also help control the hormones that counter testosterone. Avocados, olives and olive oil, and nuts and seeds are all great sources of monounsaturated fats. It's also critical to consume saturated fats from sources like coconut oil, eggs and unprocessed meat (limit your consumption of lunch meats, hot dogs and low-quality ground meats). These saturated fats are actually more beneficial to testosterone levels.

Although many guys try to keep their fat intake around 20 to 30 per cent of their daily caloric intake, studies have shown that a diet of less than 40 per cent fat can actually lead to a drop in testosterone. So if you're running low on

T, you may want to consider raising your total intake to 40 per cent for at least a short experiment.

I can already hear some of you saying, "Eat more eggs and meat? What about all that cholesterol?" While many people avoid cholesterol for 'health reasons', in fact, dietary cholesterol has no significant impact on blood cholesterol. Furthermore, cholesterol is one of the building blocks of testosterone, so it should come as no surprise that a meat-eating, cholesterol-consuming diet would yield more of the big T than a vegetarian diet.

2. Get enough zinc

Zinc has been called 'the man mineral' because it's essential for testosterone production. Research has shown that increasing zinc for as few as six weeks can result in a dramatic increase in testosterone. On the flip side, numerous studies show that a zinc deficiency will result in a dramatic decrease of testosterone levels.

Experts agree that diet is better than supplementation when it comes to zinc. Oysters, grass-fed beef, spinach, asparagus, shiitake and cremini mushrooms, and sesame and pumpkin seeds are the best dietary sources of zinc.

3. Get enough vitamin D

Many people don't realise that vitamin D is actually a hormone. It increases the amount and viability of sperm cells, and it also increases testosterone. We're wearing a lot of sunscreen these days (not to mention that many people live in a region of the world where, at least some of the time, exposing the majority of your skin to the sun for any amount of time is virtually impossible), and many of us are also limiting dairy. Since these are our two best sources of vitamin D, many of us have a deficiency and don't even realise it. Fortunately, there are plenty of non-dairy sources of vitamin D as well (cod liver oil, fish, oysters, mushrooms, eggs), but it's difficult to get all you need solely from food.

4. Consume cruciferous vegetables

Mom was right: You really do need to eat your vegetables, especially cruciferous vegetables such as broccoli, cabbage, Brussels sprouts, cauliflower, bok choy and kale. These contain powerful phytochemicals called indoles, which can reduce your estrogen levels.

While these vegetables won't raise your testosterone levels per se, decreasing your estrogen will allow



Oysters are one of the best sources of dietary zinc.



Brian Begovic

Exercising in short bursts of maximal effort stimulates the production of testosterone.

testosterone to pack a bigger punch (as estrogen inhibits the effects of testosterone). One to two cups of cruciferous veggies make a great addition to any meal, and they also make for a great snack.

5. Have morning sex

On top of burning a few extra calories each morning (and maybe more than a few if you're on top, just sayin'), simply having an erection increases your testosterone. And you already get a surge of testosterone when you wake up, so this will bump it up even further. Tell your partner they need to do it for your health!

6. Don't drink alcohol to excess

To maintain a healthy testosterone count — and titanium erections — cut yourself off after two or three drinks when you do partake in beverages of the adult variety. Binge drinking will kill your testosterone levels.

Alcohol affects the endocrine system, causing your testes to stop producing the hormone. That's one reason drinking often causes you to go limp at the moment of truth. Alcohol also has a fat-storing, muscle-wasting mechanism related to the work of the stress hormone cortisol.

Finally, the more you drink the more calories you're taking in and the greater

your chances of gaining fat. Fat is one of the biggest enemies to testosterone because greater body fat levels equals more estrogen.

7. Turn off the Netflix


Aside from the fact that lack of sleep will also stimulate the release of cortisol, your body produces and synthesises testosterone during sleep, particularly during the first few hours. Commit to getting to bed early enough to get at least seven (but preferably eight) hours of sleep. Do everything you can to go to bed in a restful state, ready to sleep. That means turning off the TV in bed and putting all electronics away. So if you're working long hours, surfing the web, or clubbing 'til the wee hours in the morning, don't be shocked if your sex drive starts to take a crash.

8. Keep an eye on your stress levels

Stress stimulates an immediate release of cortisol, which produces an almost equal drop in testosterone. These two hormones are like a seesaw: one of them is always dominant. Testosterone tells your body to use calories as energy and to build muscle, cortisol tells your body to store calories as fat. Do whatever you need to do to reduce your stressors, both large and small. It's not just the big things that will prompt a cortisol increase, running late to work can do it just as much.

9. Train for testosterone

Whether it's high-intensity interval training (HIIT) or a heavy lifting session, exercising in short bursts of maximal effort stimulates the production of testosterone. On the other hand, doing long-duration steady cardio or performing countless sets and reps can raise cortisol.

You certainly don't need to lift heavy all the time, but you should spend a portion of your training time performing sets of eight or less reps. And don't go crazy with the HIIT — a couple quality sessions each week will go a long way. 



Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and author of *No Nonsense Muscle Building*.



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The Steaks Are High

By Thomas DeLauer

Grass-fed beef has undeniable value for the physique athlete.

One thing that is often overlooked within the world of fitness is the quality of nutrients that we consume. We get so caught up in the amount of each macronutrient that we forget that improvements often come down to quality over quantity.

I learned this the hard way. Early in my career, I ate low-quality food and built what I thought was a low-quality physique. And one of the things that I severely neglected was eating the right kinds of fats and not investing money into the kinds of meats that put on slabs of quality muscle.

There is one kind of food that I wanted to focus on specifically that I think can bring good results to those trying to get the most out of their diets: grass-fed beef. But let me explain the difference between grass-fed beef and traditional grain-fed beef.

When you buy beef from the store and it's from commercial corn- and grain-fed animals, you're only as good as what the cattle ate. (Good farmers know that quality grass and soil are the key to a great product.) And in that sense, you're ingesting low-quality, cheap corn and grain that is not going to contribute to adding muscle and keeping you lean the way that you desire. In fact, the corn that industrial meat producers feed their cows can actually be counter-productive to positive gains for our physique. Grass-fed beef is also much better for the environment and far less cruel for the animals. I know that might not make a difference for some people, but my wife and I have four dogs and three horses, so animal welfare is a passionate issue for us.

Much of this issue comes down to a balance of omega-3 and omega-6 fatty acids found within the beef. You see, when cows are fed genetically modified corn and grain, they contain less omega-3 fats and begin to have a higher quantity of omega-6. Since most of our diets are already dominated by omega-6 fats, mostly from vegetable oils and canola oils found in so many processed foods, we don't need an

The quality fuel you put into your body can truly mean the difference between first and second place.



Noel Daganita



Compared to grain-fed beef, grass-fed beef has higher levels of vitamin A and vitamin E, as well as cancer-fighting antioxidants.

additional omega-6 boost from our meat sources. In fact, the imbalance of omega-6 and omega-3 in our bodies actually causes inflammation, which makes it easier to gain fat and lose muscle. Commercial beef deprives us of precious omega-3 fats that help us mobilise body-fat stores, says the American Society for Clinical Nutrition, and which provide cardiovascular benefits as well.

When we look at grass-fed ground beef, we see that it has a 3:1 ratio of omega-6 to omega-3 fats, whereas corn- and grain-fed beef has a 20:1 ratio. Those are some pretty astonishing numbers. So I'll put it like this: The more omega-6 you add to the diet, the more you're going to slow down the ability to burn fat. But there's one more thing that makes grass-fed beef so much better — the abundance of conjugated linoleic acid (CLA). According to a study by the University of Georgia, CLA is most noted for its ability to allow your body to more easily break down fat cells into fatty acids that can be used for energy. Simply put, eating grass-fed beef will prime your body to utilise fats for fuel.

Besides CLA, grass-fed meat also contains more trans-vaccenic acid (TVA), a trans-fatty acid that can combat heart disease, diabetes and

Research is also beginning to show that grass-fed beef contains greater amounts of creatine.

obesity. (Don't worry, naturally occurring trans fats are vastly different from the man-made abominations you find in grocery store pastries.) In addition, TVA is a dietary precursor to CLA, meaning it will convert to CLA in the body.

Lastly, compared to grain-fed beef, grass-fed beef has higher levels of vitamin A and vitamin E, as well as cancer-fighting antioxidants such as glutathione and superoxide dismutase. Research is also beginning to show that grass-fed beef contains greater amounts of creatine than grain-fed beef. The simple compound is literally one of the most important factors in creating strength in the body. That's just one more reason to pay the extra couple of dollars.

One mental hurdle for physique athletes and grass-fed beef is the fact that many of the benefits are derived from the fat content in the meat. If you're used to shopping for 99 per cent

lean ground turkey, this will be a shift in mindset. While many grass-fed cuts of meat are leaner than grain-fed options (and thus don't take as long to cook, so keep an eye on your grill), the fact is, you want the fat in the meat. That's why I tend to go for rib-eye steaks or use the ground beef (usually 15 per cent fat) in burgers, tacos or scrambles.

In this day and age, with health fitness becoming more and more mainstream, it is critical to begin investing in yourself properly for the long haul. I can speak from experience when I say that the best fitness models and competitors are the ones who can stay around the longest. And I can promise you that the quality fuel (and knowledge) you put into your body can truly mean the difference between first and second place.

Now, who wants a burger? 🍔

Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."
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THE HUNGER GAME



WHEN CALORIES ARE LOW, THESE FOUR THINGS CAN HELP YOU WIN THE FIGHT AGAINST YOUR APPETITE

By Jonathan Mike PhD(c),
CSCS, NSCA-CPT, USAW

Fat loss is the brass ring when it comes to developing a great physique and is the universal goal of the overwhelming majority of people. In fact, fat loss is probably the one goal that bodybuilders and physique competitors share with the average individual. In the fitness world, dropping body fat is the name of the game. However, caloric restriction can be a difficult journey for many because so many complex processes are involved. Hunger and appetite — two distinct concepts that are often used interchangeably — are influenced by

everything from your taste receptors to a variety of chemicals and hormones that trigger appetite regulation, satiety and desire for food.

A number of foods and supplements can help you swing the energy balance into your favour. Just remember that all of your training and nutrition factors must be in sync in order to achieve optimal fat loss. Once these pillars are properly set and are consistently attained, only then should you investigate the various dietary supplements that further accelerate the fat-loss process.

HUNGER HORMONES

Before we discuss some strategies to help combat the effects of diet-induced hunger, we need to understand basic hunger hormones. The two main hormones responsible for appetite regulation are leptin and ghrelin. Essentially, leptin is secreted from fat cells, and while it regulates many functions, including appetite, hunger and satiety, it also serves a role in the regulation of fat cell size. Once leptin is released from fat cells, scientists believe it signals the brain that the body has received adequate food. Previous findings support the fact that since fat cells secrete leptin, a lower body fat percentage leads to less production and secretion of this appetite-suppressing hormone. Science also supports the notion that individuals with higher body fat percentages have elevated leptin concentrations, ultimately resulting in leptin resistance, in which the brain becomes insensitive to the hormone, drastically reducing its effects on hunger and satiety. While high levels of leptin makes dieting less unpleasant, staying sensitive to leptin is more advantageous in the long run.

Although it's unclear how long it may take for leptin levels to become clinically suppressed, it's likely that leaner individuals consuming reduced-calorie diets (specifically low-carbohydrate diets) quickly experience some notable decreases in leptin concentrations. On the other hand, fasting is thought to initiate many survival mechanisms responsible for reducing leptin concentrations and increasing the hunger-stimulating hormone ghrelin.

Levels of ghrelin are primarily regulated by food intake. Ghrelin levels in the blood increase just before eating. When fasting, the timing of these rises can be affected by our normal meal routine. Surprisingly, ghrelin levels increase after dieting, which may explain why diet-induced weight loss can be difficult to maintain for so many people.

Now that we know a little more about how the main appetite hormones work, it's time to figure out what you can do to manipulate hunger hormones for your own goals.



WHEY PROTEIN



According to a study published in the *The American Journal of Clinical Nutrition*, increasing the amount of whey protein in your diet can help promote a feeling of fullness. In other words, increasing your protein intake above the recommended dietary allowance for protein (RDA of 0.8 grams per kilogram of body weight) may help blunt your appetite. This report also states that protein is more effective at promoting satiety compared to carbohydrates and fats. Further, a study conducted by researchers at the Department of Nutrition and Exercise Physiology at the University of Missouri found that when subjects increased whey protein intake to 25 per cent of total calories, it resulted in the release of the satiety hormone peptide YY, which decreases the release of the appetite-stimulating hormone ghrelin.

FISH OIL

Fish oil supplements contain the omega-3 fatty acids consisting of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) — the two omega-3 fatty acids found in fish oil — and alpha-linolenic acid (ALA), which is found in some vegetable oils, flaxseed, and walnuts. They are important for cognitive function and normal growth and development. Studies show that omega-3 fatty acids also reduce inflammation and may help lower the risk of chronic diseases such as heart disease, cancer and arthritis.

Omega-3 fatty acids can help suppress appetite because of their effect on leptin levels. When omega-3 fatty acid consumption is increased in obese subjects, leptin decreases, according to a study published in the *American Journal of Physiology, Endocrinology and Metabolism*. Further, omega-3 fatty acids may increase feelings of fullness, and there is some other preliminary evidence that fish oil increases leptin sensitivity.

According to a study published in the journal *Appetite*, a group of subjects followed a balanced diet with low or high doses of omega-3 fatty acids for eight weeks. After the eight weeks, subjects consumed a test meal. In the report, the high omega-3 group experienced less hunger and more fullness after the test meal compared to the low-dose omega-3 group. Further research is needed

to determine if the appetite-regulating effects of omega-3 fatty acids lead to long-term weight loss.

Fish oil doses vary depending on the goal. For example, if the goal is to reduce soreness from training, six grams spread over the course of a day is effective. In relation to hunger sensations, and according to the previously mentioned study, the group that consumed more than 1,300 milligrams of long-chain omega-3 fatty acids a day reported lower hunger sensations than the group that got less than 260 milligrams a day of omega-3 fatty acids. Although there is no currently recommend dose of fish oils for lowering hunger hormones, most studies on fish oils utilise anywhere from three to six grams a day.



DARK CHOCOLATE

One rather surprising diet aid is dark chocolate. A published study from the journal *Regulatory Peptides* explored the relationship between appetite and levels of gastrointestinal hormones after smelling chocolate and after ingesting 30 grams of very dark chocolate (85 per cent cocoa). Twelve female subjects participated in two 60-minute study sessions. In the first session, all 12 women ate chocolate; for the second session, they were randomised either to smell chocolate or to serve as a control (no eating or smelling). Researchers found that healthy women who ate or smelled dark chocolate reported decreased appetites. Additionally, the women displayed reduced ghrelin levels. Further, a group of researchers from the University of Copenhagen reported that study participants who ate 100 grams of either milk or dark chocolate ate 15 per cent less of the pizza they were later offered.



VITAMIN D

The research is very preliminary, but it appears that not getting enough vitamin D in your diet may make you hungry. Vitamin D is a hormone that is linked to appetite control and is involved in 40 different tissues, including the heart, pancreas, muscles, immune-system cells and brain. When you have adequate vitamin D levels, your system releases more leptin and alerts your brain to stop sending your body to the buffet line. Conversely, a deficiency in vitamin D means less leptin and stronger feelings of hunger.

There can be too much of a good thing, though. Those with low levels of body fat usually have higher levels of vitamin D, as studies have shown vitamin D and body fat to be inversely proportional. Since you don't want to overdo your intake of vitamin D and risk losing your leptin sensitivity, keep your daily supplementation to 1,000 to 2,000 IU a day. If you have a proven deficiency — many people do not get enough of this valuable nutrient — you can supplement with 5,000 IU a day for several days to bridge the gap and then shift to a daily maintenance dose of 1,000 to 2,000 IU a day. 🍌



DO MORE

BARBELL COMPLEXES ARE METABOLIC FIREBOMBS
THAT CAN PREPARE YOUR BODY TO TRAIN
LONGER AND HARDER.

WOR

By Mike Carlson
Workout by Alexander Juan Antonio Cortes
Photography by Binaïs Begovic



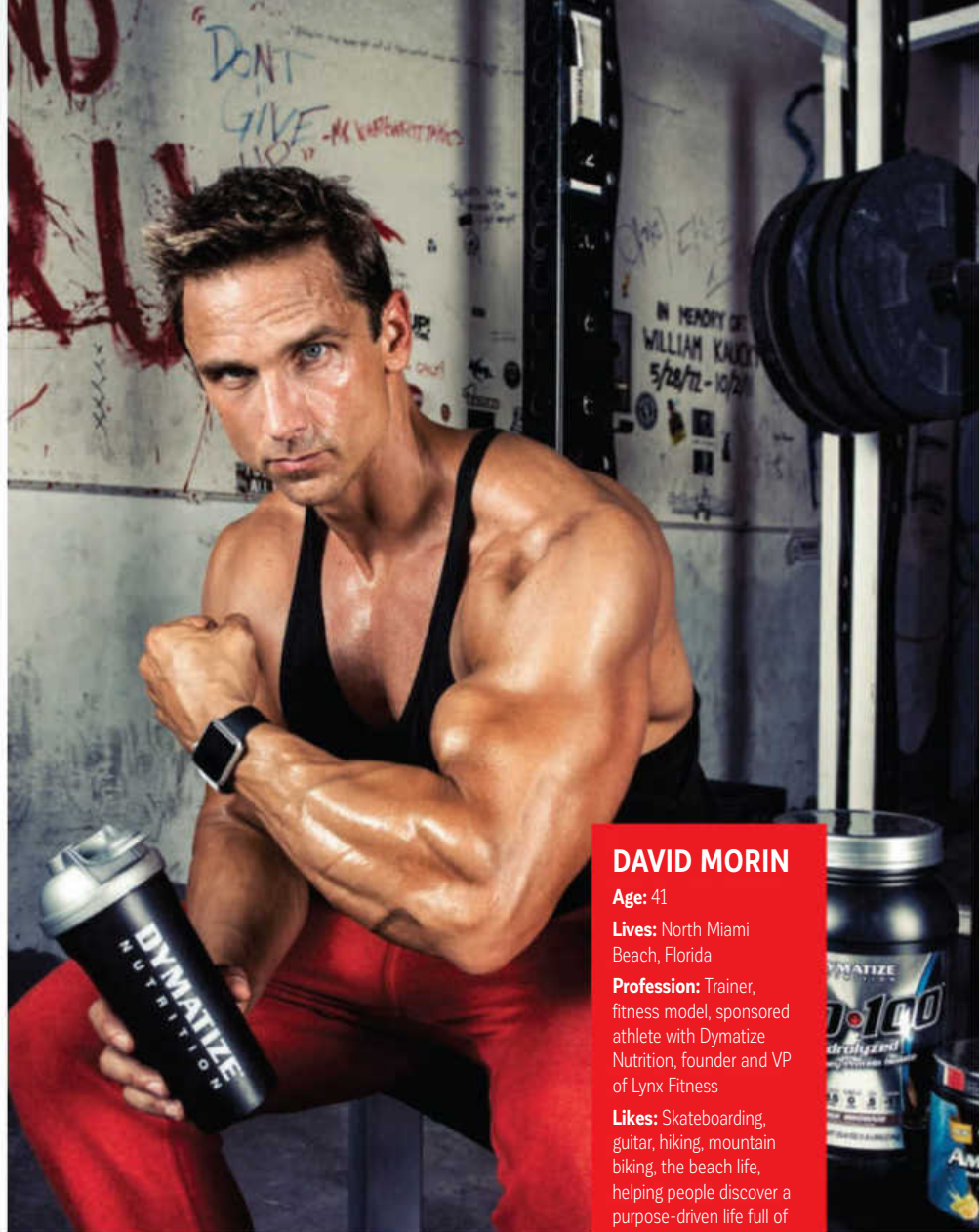
DO MORE WORK

Most guys have two settings when it comes to training: lift weights to build muscle, and do cardio to get lean and develop a little endurance. But a certain sweet spot exists when you merge these two worlds. Using a barbell in a very concise and particular way can build the type of conditioning that leads to the lean, sinewy, muscular body that probably inspired you to pick up weights in the first place. In this case, the word 'conditioning' isn't referring to the ability to run a 10K or complete a triathlon. It means having the gas tank and durability to complete the volume-heavy sessions that are so effective at inducing muscle growth.

Look at the workouts of Mr. Olympia Men's Physique champion Jeremy Buendia or the training splits of any elite competitor. They spend 90 minutes to two hours in the weight room and often perform upwards of 50 sets. Most likely, this is after a high-intensity interval training session earlier that day, and quite possibly seven to 10 days from their last day off from the gym. Guys like Buendia have conditioned themselves to handle workloads like this. And that's where the barbell complex comes in.

Perfected and popularised by Cold War-era Romanian weightlifting coach Istvan Javorek, the barbell complex is a cluster of exercises done in a set order. Javorek used complexes with his athletes to increase their work capacity in order to meet the demands of Olympic-level weightlifting training. He needed to give his athletes the endurance to cruise through the crucible of Soviet-style weightlifting sessions, which were often double workouts of two to three hours a day.

"When the term 'work capacity' gets used, it is basically referring to lifters' physiological endurance in the context of lifting weights. Endurance at its most basic is how well the body uses oxygen for energy. The more efficient someone is, the better energy they have, the harder they can train," says Alexander Juan Antonio Cortes, the director of trainer education at Relentless Performance in Vero Beach, Florida, and a physique coach under John Meadows at Mountain Dog Diet. "By increasing work capacity in the gym, we are improving our ability to train with intensity. For hypertrophy, which requires prolonged time under tension, eccentric damage and the reps to create a pump, being able to train long and train hard without fatiguing is of the utmost benefit."



DAVID MORIN

Age: 41

Lives: North Miami Beach, Florida

Profession: Trainer, fitness model, sponsored athlete with Dymatize Nutrition, founder and VP of Lynx Fitness

Likes: Skateboarding, guitar, hiking, mountain biking, the beach life, helping people discover a purpose-driven life full of challenges and personal victories

Dislikes: Negative outlooks, self-defeating mentalities, unwarranted aggression, and illogical behavior

Favourite supplements: Amino Pro and ISO-100

Last book read: *The Book Of Five Rings* by Miyamoto Musashi

Favourite movie: *Chariots of Fire*, *Gladiator*, *Rocky III*

Sponsors: Dymatize Nutrition, Fitmark Bags, MyOatmeal.com

TWITTER: @getmorin

INSTAGRAM: @getmorin

WEBSITE: getmorin.com

Iron Man: What kind of diet do you follow?

David Morin: I use a modified Paleo diet about 70 per cent of the time. When I'm involved in a movie or photo shoot, I use a ketogenic diet to become leaner and more fat efficient. My holistic sensibilities compel me to go for very nutrient-dense whole foods.

IM: What supplements do you take to guarantee a great workout?

DM: I'm huge on taking Dymatize ISO-100 protein post-workout, and I sip on Amino Pro all day long. I take about 4,000 to 5,000 milligrams a day of vitamin C, because

without an antioxidant to buffer the blood from lactic acid, you'll lose your pump fast. I love taking coconut oil, resveratrol, Ginkgo biloba, and hawthorn before I train, and when you add some intra-workout — Creatine Micronized and Amino Pro — the pump is insane!

IM: What is a supplement you can't live without?

DM: The best overall supplement that I use on a daily basis is Amino Pro. You get all the BCAAs your body needs to repair and sustain muscle, plus added electrolytes and citrulline malate, which is converted directly into nitric oxide.

Barbell complexes are one of the most efficient, effective training tools ever devised. They are totally customisable — you can add and subtract any exercise you want depending on your goals — and if you want a dose of calorie-burning cardio, few techniques can deplete your energy reserves as quickly and easily at the end of a workout.

Be sure to stash your ego in the locker room before starting a barbell complex workout. It can be an exceptionally humbling experience to find yourself lying on the floor gasping after a set of exercises performed with 10-pound plates (4.5 kg) on the bar. It can also be a rough haul for the self-conscious among us to be seen squatting or doing rows with 95 pounds (43 kg). Get used to the idea. While these exercises are performed in a circuit fashion, it is not the walk in the park that you experience doing a circuit of machine exercises.

COMPLEX 1: TOTAL BODY BLASTER

During this complex, you'll perform the most movements and spend the longest time under tension, but it's also the easiest in terms of rep execution. Here, you'll be performing five reps of each exercise for as many rounds as you want with short periods of rest between each effort. This is a very intense circuit, so shoot for two rounds as your starting point.

You won't need to work with much weight for these, and 65 pounds (29.5 kg) will present a significant challenge for even the most well-conditioned athlete. More advanced lifters can either start with, or work up to, 95 pounds (43 kg).

1. Bent-Over Row
2. Upright Row
3. Push-Press
4. Back Squat
5. Reverse Lunge
6. Good Morning

Rounds: 2 to 5

Reps: 5 each exercise, all rounds

Weight: 65 pounds (29.5 kg)

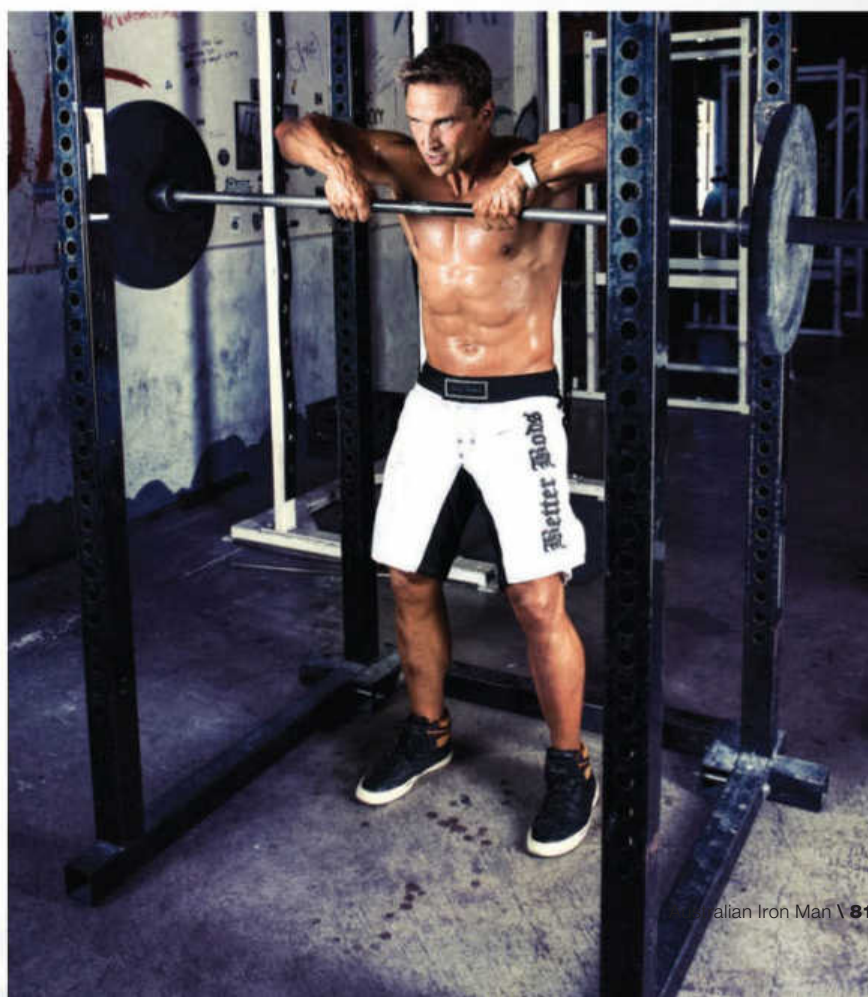
UPRIGHT ROW >>>

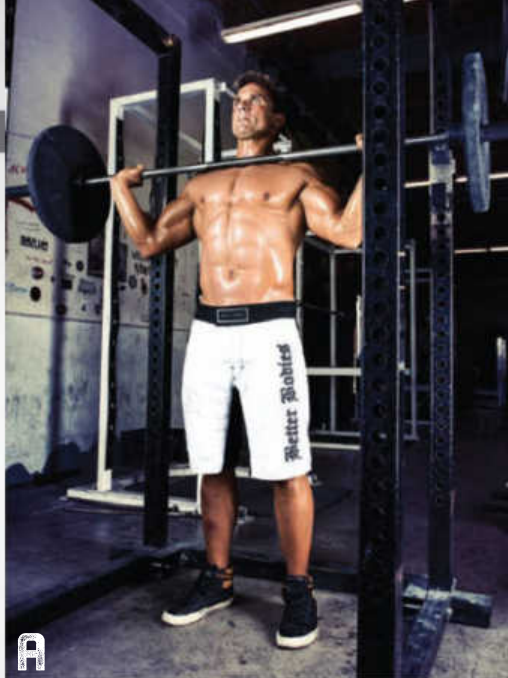
Shift into a close overhand grip and come to standing so the barbell is resting on the front of your thighs. Initiate the move by pulling up and outward with your elbows. Your hands will trace an upward path, with the bar being pulled to shoulder level. Your upper arm should not travel past parallel with the ground, and your hands should remain below arm level throughout the exercise.



BENT-OVER ROW >>>

With a loaded barbell on the floor, hinge at the hips and bend forward so the bar is directly under your navel with your torso close to parallel to the floor. Grasp the bar outside shoulder width, and then pull it to your stomach. Hold for a second, then return to the start position with the bar hanging a few inches off the floor.





A



B

« PUSH-PRESS

Hold the barbell in a conventional military press position, with your hands slightly just outside your shoulders and your feet shoulder-width apart. Start by bending your knees slightly, and then drive the weight upward, pressing the bar overhead to a locked-out position slightly behind your head. Your feet should remain stationary throughout. On the last rep, bring the bar behind your head and into a back squat position.



« BACK SQUAT

With the bar across your upper back, your feet about shoulder-width apart, and your knees slightly bent, turn out your toes just a bit. Keeping your head neutral, abs tight and torso erect, bend at the knees and hips to slowly lower your body as if you were going to sit down in a chair. Pause when your legs reach at least a 90-degree angle, then drive through your heels, extending at your hips and knees until you're standing again.



"The barbell is almost always going to be the most draining training implement you can use," Cortes says. "In this regard, the metabolic cost is high, so these complexes do not need to be done many times for there to be benefit."

The customisability of barbell complexes is the factor that makes them one of the most versatile and useful tools to add to your fitness toolbox. Depending on how you stack your exercises together — and how you set up your rep schemes, intensity, volume, and rest periods — complexes can improve strength, power, conditioning, or hypertrophy in a minimal amount of time. The key is using the right exercises — moves that segue smoothly from one to the next for ease of execution — in an effective sequence.

"Barbell complexes can be used as a form of interval training," Cortes says. "Generally I would advise someone to do these only a few times a month, on a day in which energy is high and they wish to challenge themselves with something that will test their endurance and mental fortitude."



REVERSE LUNGE «

Maintain the back squat position, with your feet shoulder-width apart and the barbell on your back. Take a large step directly behind you and descend into a lunge, keeping your head and chest up. When your knee brushes the ground, push yourself back up to the start position.



GOOD MORNING «

With the bar still on your back, slowly hinge at the hips and bring your torso as close to parallel to the floor as possible. Be sure to maintain the arch in your lower back throughout the movement and do not slump your shoulders forward. Activate your hamstring and push your hips forward to return to the start.

COMPLEX 2: UPPER-BODY BLASTER

Here you'll be using moderate amounts of weight for maximal repetitions, with the goal of rapidly adding muscle mass across your whole body. This complex is designed in a classic 'reverse pyramid' fashion, starting with high reps and working down as fatigue increases.

For hypertrophy, you're essentially looking for a pump, so keep the rest periods to 60 to 90 seconds. If that's too challenging, start with 90 to 120 seconds of rest, and trim that down as you develop endurance and stamina.

In this exercise sequence, you'll be focusing on the upper body — shoulders, biceps, triceps, back and core. The idea here is to use a light weight for the first round of the complex, increasing your load for each subsequent round.

1. Reverse Curl
2. Overhead Press
3. Standing Barbell Triceps Extension
4. Jump Squat

Weight: 45 to 65 pounds (20–29.5 kg)

Rounds: 3

Reps: 16 (each exercise) round one, 12 round two, 8 round three

OVERHEAD PRESS >>>

After the last curl, shift your grip and hold the bar at shoulder height. Keep your head neutral, abs tight, elbows pointed down, and lower back arched. Spread your legs slightly wider than shoulder width. Powerfully press the bar overhead to full extension. Squeeze your shoulders for a count, then slowly lower the bar back to your upper chest and repeat for reps.



REVERSE CURL >>>

Stand straight, holding the bar with an overhand grip, hands shoulder-width apart. Your arms should hang straight down so the bar rests in front of your thighs. Keeping your back straight and

elbows tucked into your sides, curl the bar up until the top of your forearms come close to your biceps. Pause, then lower the bar back to the front of your legs and repeat.




STANDING BARBELL TRICEPS EXTENSION >>>

Once you've completed the final overhead press, hold the barbell above your head with your arms fully extended. Keeping your triceps close to your head and elbows in, lower the bar behind your head. Only the forearms should move, while the upper arms remain stationary.



JUMP SQUAT >>>

With your feet shoulder-width apart and your hands tightly around the bar in a comfortable position — and your elbows directly under the bar — push your hips back and descend into a full, below-parallel squat. From here, explode back to the top position, jumping your feet completely off the ground. Land softly and repeat. 

Dead Strong

By Cornell Hunt, CSCS

Pulling a bar off the floor is a crucial movement for life.

Outside of squatting, there is no other exercise more important to improving functional movement than the deadlift. Not only do deadlifts build a strong back, they also teach you how to pick up heavy stuff without putting your health at risk. Deadlifts need to be looked at as a movement that is crucial to overall life and longevity.

Deadlifts are my favourite lift not simply because of the amount of muscular hypertrophy they demand and developed — they also don't make me too sore compared to squats. This is due to lack of an eccentric component with deadlifts as compared to the heavy eccentric phase during squats.

The deadlift is considered more 'hip-dominant' because you want to sit back as much as possible when pulling. Hip-dominant lifts place more emphasis on the posterior chain (hamstring, glutes, erectors, lats and traps). If you ever question the effectiveness of deadlifts, take a look at IFBB pro bodybuilder Johnnie Jackson, who has pulled over 800 pounds (363 kg).

Conventional deadlifts

Conventional deadlifts are the most common form of this exercise. I usually start people off by telling them to walk up to the bar with their feet hip-width apart and position their shins about an inch away from the bar. Then I tell them to sit their hips back and down, properly engaging the hamstrings. A good cue is to keep your shins as vertical as possible; however, this may be altered due to individual limb lengths. Your back should also be arched during the entire lift, especially the lumbar region. During a deadlift, you want to make sure your hips are as close to the bar as possible, which is measured laterally, not vertically. Understanding this concept will place your shins at a more vertical angle.

I usually cue my lifters to try to 'break the bar' around their shins during the setup. This will make sure your lats are properly engaged. If your lats aren't activated, then your back will



Not only do deadlifts build a strong back, they also teach you how to pick up heavy stuff without putting your health at risk.

round forward and you will lose the bar in front of you. Another essential cue when deadlifting is 'pulling the slack out of the bar'. This is accomplished by pulling the bar until you feel it tighten up against the plates. Once you've pulled the slack out, you will have the proper tension on the bar needed to actually perform the lift.

The last important objective when deadlifting is finishing the lift with a

strong and powerful lockout. I've seen numerous people get the bar to their knees and can't forcefully fire their hips through to lock it out. This is a result of poor glute development. Once that bar passes your knees, a strong lockout is key to finishing your lift.

Sumo deadlifts

The sumo variation is usually seen in competitive lifters. Most lifters with

short legs, long torsos and short arms favour this variation because they don't have to work as hard since the bar travels a shorter distance.

The same principles apply to doing sumo deadlifts as to conventional, except your feet are out wide with toes closer to the plates. Angle your feet out and drive your knees out aggressively to allow yourself to sink down between your hips. Once you're into this position, stand as you would with a conventional pull. In both lifts, drive your knees out to engage your hips and keep them stable.

Stiff-legged deadlifts

This variation won't allow you to pull heavy weight but it's a great accessory movement. It places even more of an emphasis on your lower back and hamstrings, so it builds the strength needed to pick up heavier weight.

Despite the name, I never advocate keeping your legs completely straight. This places unneeded stress on your lower back. Instead, keep your knees slightly bent as you push your hips back. This will ensure both your hamstrings and back are splitting up the workload.

Start this lift the same way you would a conventional pull. Once you're standing tall, unlock your knees slightly and then allow your hips to perform the rest of the movement. One mistake people make is moving at their spine and not their hips. Your spine must stay neutral the whole way through while you push your hips back. It should not bend forward at any time.

Rack pulls

Rack pulls are partial-range deadlifts and are a great way to teach you to aggressively drive your hips forward when finishing your deadlift. Rack pulls are usually performed with higher reps (four- to eight-rep range) because the range of motion is decreased. Another benefit of rack pulls or partial-range deadlifts is that you can choose where you want to begin your pull. If you place your bar anywhere above the floor, it's considered a partial-range deadlift.

Deficit pulls

These are my favourite exercise for building deadlift strength. Deficit deadlifts are performed the same


way as a conventional deadlift, but the range of motion is increased by standing on a plate or platform.

Deficit deadlifts really build your strength and speed off the floor. I had an athlete completely replace regular deadlifts with deficit deadlifts; they are usually an accessory exercise used to complement the main lift, but we made them our main lift. Come competition, the weight flew off the floor! Deficit deadlifts should only be done once you master traditional pulling, because the setup for these is more difficult and requires the appropriate mobility.

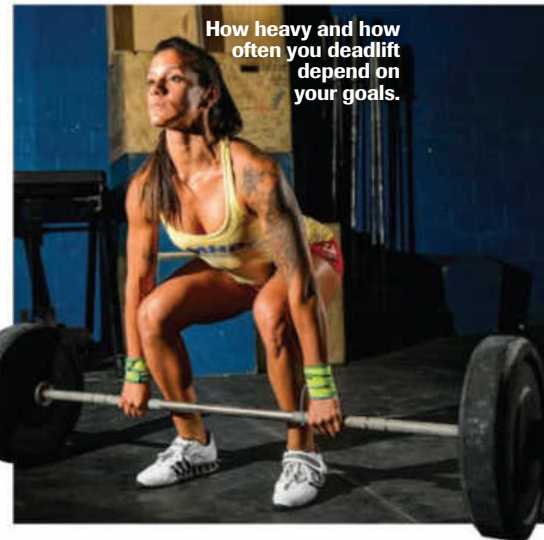
Reps and frequency

How heavy and how often you deadlift depend on your goals. I tend to program deadlifts once a week for my clients. However, there are times I will call for deadlifts twice a week with one day focusing on max strength and another day focusing on speed of the movement.

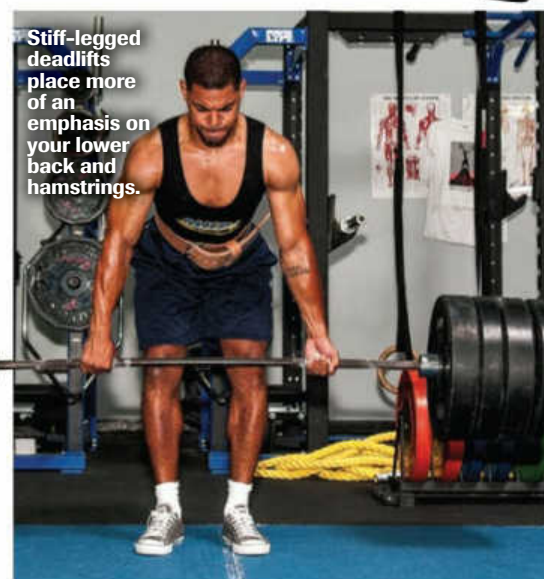
I start off my athletes doing a basic 5x5 rep scheme for either sumo or conventional pulls. Once you build strength and start to plateau, proceed to more aggressive sets of one-to-three reps with between 85 and 95 per cent of your one-rep max. Then, based off where you are weak, pick your accessory lifts such as stiff-legged deadlifts or partial-range deadlifts. With these exercises, you can get away with higher-rep sets working between eight and 15 reps.

If you train for aesthetics, program deadlifts on either your back day or hamstrings day. Deadlifts target the back tremendously, so there would be no argument if you choose to place them on your back day. Train them with heavy sets, working between one and five reps. And then for your volume sets on back day, you can do rows, pull-ups or pull-downs. 

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How heavy and how often you deadlift depend on your goals.



Stiff-legged deadlifts place more of an emphasis on your lower back and hamstrings.



Finish the deadlift with a strong and powerful lockout.

A full-page photograph of a male bodybuilder in a classic side-on pose, showcasing his extreme muscle definition. He is wearing red posing trunks. The lighting is dramatic, highlighting the contours of his muscles. In the top right corner, the letters 'S' and 'B' are overlaid in a large, stylized font. The 'S' is white, and the 'B' is yellow with a black outline.

S
B

STRONGER, BIGGER, FASTER

6 ways to overcome muscular imbalances

By Ben Siong • Photography by Michael Neveux

The optimal development of muscle, strength and power is often limited to how balanced our musculature is. Imbalances can arise because of our daily activities, injuries and poor habits. These lead to compensatory mechanisms by the body that affect our exercise performance as well as impede our training progress. In the short- and long-term, this is not good. If you're looking for a fresh new start to your training year, fixing up your weaknesses is a great way to get your fire going again. **Here are six simple tips to overcoming your muscular imbalances and becoming stronger, bigger and faster.**

1 AIM FOR A FULL RANGE OF MOTION

Moving the muscle through its full physiological range of motion during a given exercise helps to minimise strength differences within the muscle itself, overcome sticking points and allows for increased muscular recruitment. Simply speaking, it gives you more bang for your buck on each repetition performed.

2 DO NOT NEGLECT THE ANTAGONIST MUSCLES

Overtraining one muscle at the expense of its antagonist muscle can often lead to imbalances and strength deficits. For example, solely focusing on training the chest while neglecting the back can lead to excess kyphosis (hunched-over back), rounded shoulders and possible shoulder impingement syndromes. This can also affect the overall strength development of the chest, as strong back muscles, particularly the latissimus dorsi, are required in stabilising big pressing motions. Simply speaking: weak back, weak chest. As such, working the antagonist muscles is crucial in the development of the agonist muscles.

Using a full range of motion helps to overcome sticking points and allows for increased muscular recruitment.



3 WORK THE STABILISERS

You are only as strong as your weakest link. The overdevelopment of primary muscles, and the lack of focus on secondary stabilisers, can often lead to muscular weakness and injuries. For example, within the shoulder joint complex, the primary muscle group is the deltoids. The smooth movement of the joint is stabilised by an optimal strength balance between the deltoids and four smaller muscles called the rotator cuff muscle group — i.e. subscapularis, teres minor, infraspinatus and supraspinatus. An overdevelopment of the deltoids at the expense of the smaller rotator cuff musculature can lead to the humerus bone of the arm being momentarily pulled out of the shoulder socket during movement and can lead to clicking, impingement syndromes, pain, muscular weakness and limited ranges of movement. In order to maximise hypertrophy and strength development, strong primary muscles have to be balanced and supported by strong stabilisers.



Regularly change the equipment used, angle, grip or positioning of your exercises.

THE OVERDEVELOPMENT OF PRIMARY MUSCLES, AND THE LACK OF FOCUS ON SECONDARY STABILISERS, CAN OFTEN LEAD TO MUSCULAR WEAKNESS AND INJURIES.

4 TRAIN USING A VARIETY OF DIFFERENT ANGLES, GRIPS AND EQUIPMENT

Constantly performing an exercise in a particular way, using the same equipment and without variation can often lead to muscular imbalances and overuse joint injuries. Issues like tennis elbow, golfer's elbow and shoulder impingements are examples of muscular position overuse and the lack of movement variety.

By regularly changing the equipment used, angle, grip or positioning within an exercise, the body is able to learn new movement patterns and undertake different neurological pathways to

By performing unilateral movements at the start of the workouts, we are able to allocate an increased focus on the weakness.



execute the motion. This results in different muscle activation sequencing and motor unit recruitment, thus minimising imbalances within the muscle and between muscles.

5 PERFORM UNILATERAL MOVEMENTS AT THE START OF YOUR WORKOUTS

The body often develops a dominant side for movement and strength. This can lead to muscular imbalances and compensatory mechanisms during training, resulting in potential injury.

By performing unilateral movements at the start of the workouts, we are able to allocate an increased focus on the weakness, using that as the limiting factor for the reps and sets


performed. For example, if the weaker left arm can only perform nine proper reps, then the stronger right arm would stop also at nine reps, so as to allow the weaker arm to catch up. Furthermore, we are also able to consciously increase the neuromuscular recruitment of the weaker side, priming it for more activation throughout the rest of the workout.

6 INCORPORATE ISOLATION EXERCISES

Fast- and slow-twitch motor units are scattered throughout individual muscles, thus isolated movements are necessary for certain muscle groups to maximise muscular development and minimise imbalances. For example, the gastrocnemius fibres

of the calves are best activated when the knees are straight, and respond better to lower reps and higher loads, whereas the soleus fibres are best activated when the knee is bent and respond better to lighter weight and higher volume for growth.

ISSUES LIKE TENNIS ELBOW, GOLFER'S ELBOW AND SHOULDER IMPINGEMENTS ARE EXAMPLES OF MUSCULAR POSITION OVERUSE AND THE LACK OF MOVEMENT VARIETY.

Isolation work also allows us to target a lagging body muscle part, and can be used as activation exercises within a pre- and post-fatigue complex. For instance, it is common that within a bench press, the smaller triceps muscles fatigue first and limit further pectoral fatigue. By performing cable flyes right before a bench press as a pre-fatigue technique, we are able to pre-activate the pectoral muscles to ensure they get fatigue out prior so during the bench press they too will be maximally fatigued. As such, isolation exercises can help minimise strength imbalances between both muscles. 

Isolation work also allows us to target a lagging body muscle part.







“I’ll be BACK!”

Make your comeback as fail-safe as the Terminator himself.

By Susan Baxter

A summer hiatus from exercise can cause a struggle to get back into your normal exercise routine. There might be any number of reasons that could have taken you away from the ‘gains train’ or the exercise wheel; perhaps it was one Christmas party too many that broke the habit, or there was a greater commitment to a bronze tan, and with a different form of six-pack. The bottom line is, you missed what you thought was only a few workouts here and there but suddenly the truth has struck: you have gone for a few weeks — or even months (!) — without exercise. But do not fear: I have put together my top tips for ‘getting back into it’, and how to make your comeback unstoppable!

Lack of exercise: the effects

First, let’s look at what happens during the de-conditioning phase. When you cease working out for two-to-three months, four main changes occur:

1. You lose at least half of your aerobic fitness in the form of lung elasticity¹
2. Your blood vessels shrink (and your blood volume decreases)³
3. You use oxygen less efficiently³
4. Your heart pumps less blood per heartbeat

But it doesn’t take months for these changes to occur; within just 72 hours your muscles have already begun to shrink and you have strength losses!

These physiological changes mean that we need to proceed carefully back to exercise again in order to avoid injury², overtraining and possible burn-out. Psychologically, it is also like starting all over again and needing to adopt behaviour change. Both your brain and your body need to be convinced to enjoy exercise with the same ease as previously.

Getting back into it

Here are some tips to consider when taking up the task to reduce injury physiologically:

1. Ease into it.

Your lungs have lost elasticity and your heart has lost efficiency; you have to suck harder to get the oxygen that you require into your body, and your heart has to pump harder to disperse the oxygen around the body³. Less muscle to support the joints coupled with smaller blood volume results in less delivery of the ingredients to lubricate your joints.

All of these modifications mean that your body will take longer to warm up², both before each individual session and also to progress across



A summer hiatus from exercise can cause a struggle to get back into your normal exercise routine.

Natalie Minh

sessions. As a general rule, use the first two-to-four weeks of your program as a baseline before attempting to add some extra weights to your lifts. A great rule of thumb is to use intensity as your indicator, because your brain will remember all too easily your former capabilities, which potentially will put you at risk of injury through overtraining.

My tip exercise selection: focus on the basics and fundamentals. That means core work (such as planks), full body weight sessions, lots of full-range-of-movement exercises², especially to begin with, and prioritising stretches².

2. Recovery, recovery, recovery.

Sleep is a crucial element of repair, but it's even more important when adding exercise back into your program. Make sure you get enough. During the initial phase of re-commencing exercise, it can be useful to add an extra hour of sleep or rest for the first week. Prioritise this extra hour, especially if you are also headed back to the grindstone at work (which, just like exercise, represents a form of stress on the body).

3. Cool down.

During your recommencement programme, your body will also take longer to recover between sets and after exercise. Post-workout, take 10 minutes to bring the heart rate back down slowly by employing some light stretches² and cardio until your breathing returns to normal. These measures can reduce the pooling of blood and kick-start your recovery process.

4. Expect some soreness.

Delayed-onset muscle soreness (DOMS) is to be expected when starting exercise from a hiatus. DOMS is the tenderness and swelling that you may experience from unaccustomed or strenuous exercise, and might scupper your best intentions for getting back into exercise again. In order to minimise DOMS, use active recovery in the form of some light exercise, and my best tip is to employ alternating 30 seconds of hot and cold water in the shower to boost blood flow and alleviate the tenderness.

If you put all of these in place, you will have solved half of the puzzle. Just as important will be getting your brain in the game.



Ease back into your training. Focus on the basics and fundamentals.

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Sleep is a crucial element of repair, but it's even more important when adding exercise back into your program. Make sure you get enough.



Fail to plan and you plan to fail. Set out your gym clothes the night before and have your pre- and post-workouts prepared.

Psychological motivation

The main issue is, the easy habits die hard. You already have been busy doing no exercise, so you won't suddenly have extra time for exercise. Instead, you will need to make time for exercise. That all starts from within because the taskmaster, boss and motivator is yourself. If all of that sounds a bit overwhelming, read on because I have compiled some tips to consider to motivate you psychologically.

1. Set goals.

If you do not know what it is that you want to achieve, how will you be able to hold yourself accountable or measure whether you are gaining or losing? Specific, measurable, attainable, relevant and timely (SMART) goals are often preached, but one further idea I would propose is training for a charity or cause; for example, a sponsored race. It can add some extra motivation for your exercise goals if there is an element of achieving it for a charity or another cause since you are no longer just accountable to yourself.

**SPECIFIC,
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BUT ONE FURTHER IDEA
I WOULD PROPOSE
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CHARITY OR CAUSE.**

2. Use rewards.

Agree on some rewards for yourself for the little milestones along the way. It might sound a little basic, but it works. The new sneakers will feel even better on your feet if you had to work out for three-to-four times a week for the first month to achieve them.

3. Plan it, track it and set the routine.

Fail to plan and you plan to fail. That to me means: clothes set out the night before, tunes downloaded for the session

Fitness is even more enjoyable when you have a gym partner to share the successes and the hard times.

and your pre- and post-workout snacks prepared. My current favourite is to have some pre-workout (which contains BCAAs, taurine, beta alanine and caffeine), which I feel helps me to achieve greater intensity. Post workout, I will have a protein shake made with salted caramel whey, fresh seasonal fruit and oats. NB: Remember that health should always prioritise nutrition and exercise as the basics, THEN supplements.

4. Buddy up.


Fitness is even more enjoyable — and achievable — when you have a gym partner to share the successes and the hard times. This is recognised by fitness apps such as 'Gym Comrade' or 'Fit Meet', which are the gym buddy version of a dating app. Or look for some local boot camp classes to get you started with some new buddies.

5. Use social media to motivate/inspire.

Just browsing #fitspo you will see a lot of fitness fanatics and enthusiasts doing all kinds of new exercises (and looking very shredded while doing it). For me, just a quick browse can get me motivated to try out some fun and unusual but effective exercises. (Make sure to stop by my Facebook page, Suz Baxter. or Instagram @DrSuzBaxter and say howdy!)

All of this might seem like a lot of bad news and hard work, but don't forget how incredibly adaptive your body is: it

can adapt pretty quickly to all of these changes, given the chance to do so. And when you get back into the habit, and re-establish your routines, you will wonder how things were without exercise back in your life.

Finally: My best tip for when motivation is waning and you feel the pull to skip the exercise session is to make the commitment to do just five minutes. If you get there and you are truly exhausted, just call it a day; but generally you feel the buzz of the session and choose to stay on. Either way it is a win-win scenario! Good luck with your new regime. 

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GET GROOMED

Long-Distance Lifting

By Eddie Avakoff, owner of Metroflex LBC

Endurance athletes are in desperate need of a good dose of iron.

A common stigma exists within the distance-running community, which states that heavy weight training holds no place within endurance programming. The concern is that heavy training will result in excessive muscle growth and compromise a runner's speed by adding too much body weight. Another concern with increasing muscle is the subsequent increase in oxygen consumption. More muscle eats up more oxygen. So should an endurance athlete even entertain the idea of training with big loads? Absolutely.

Heavy compound lifts strengthen bone density and cartilage. With all the bodily abuse that endurance running causes (and don't be fooled, distance running is one of the most abusive sports you can subject your body to), resistance training is necessary to strengthen the body, from bones to connective tissue to extremities.

Joints take an upfront beating while running. Ankles, knees and hips all suffer the impact of each and every strike against the ground. While many athletes try to perform injury-free styles of running (Pose Method, etc.), there's always going to be some impact. And that impact, although subtle, gradually wears on the body. So what better way to strengthen cartilage and boost bone density than heavy compound lifts like squats and deadlifts? Of course, distance runners shouldn't make heavy lifting their primary training recourse, but there is a relatively substantial applicability within the athlete's overall scope of training.

We know that weight training keeps your bones strong. What's another benefit weight training provides to runners? Let's talk about hip extension and force production. There's a general rule of thumb that applies to strength training: Anaerobic training translates aerobically, but the inverse relationship does not apply. Simply put, explosive training will aid your strength and endurance, but endurance work won't necessarily make you explosive.

Take sprinting for example: A 100-metre sprinter will generally

exhibit decent proficiency when running longer endurance events, like a 5K. They may not be the best in the world at it, but they can certainly produce a competitive effort because of all the explosive work they've done on the track. Now take a leading endurance athlete and put them in a short-distance sprint. The endurance athlete will most likely not produce a competitive sprinting time.

The same rule applies for the deadlift: An athlete who can deadlift 500 lbs (227 kg) should be able to rep 315 lbs (143 kg) pretty easily. However, someone who can deadlift 315 lbs over and over will not necessarily be able to pull 500 lbs even one time. Remember, anaerobic training translates aerobically, but it's not a two-way street.

Even on a neuromuscular level, the ability to gather up and recruit large

With all the bodily abuse that endurance running causes, resistance training is necessary to strengthen the body.





Anaerobic training translates aerobically, but the inverse relationship does not apply.

amounts of muscle fibre at a single moment is significantly harder than recruiting fewer fibres over a long period of time. In fact, the entire premise of endurance racing is to maintain the most amount of wattage (distance, speed, duration) while expelling the least amount of energy. Therefore, the max exertion produced in heavy weight training will have a carryover to the steady exertion performed in endurance running.

Now compare the anaerobic/aerobic relationship between two opposite extremes: In one corner, we have a 1RM back squat of 1,000 lbs (454 kg) versus running a century marathon (100 miles/161 km). A heavy 1RM back squat is one of the most anaerobic efforts you can produce in such a short amount of time — drop down, come up. That's it. Whereas running a century is one of the most aerobic efforts one can complete. You begin with a slow start and gradually build up to a speed that's going to have to last for hours (maybe even days).

Obviously a heavy back squat is not the solution for completing a 100 mile race, but it will build the necessary leg muscles and groom your central nervous system to withstand the muscular fatigue that comes from distance running. However, running for hours will not help yield a heavy back squat.

The max exertion produced in heavy weight training will have a carryover to the steady exertion performed in endurance running.

So what kind of weight training should endurance athletes perform? Heavy back squats and deadlifts are among the top movements. Both of these build muscles in the legs and core, and develop your posterior chain, which is often recruited for running (especially uphill). Short and heavy sets of one to five reps are great for building bone density and naturally boosting testosterone levels, which helps combat all the cortisol released from long endurance sessions. Weight training within the eight- to 12-rep range (hypertrophy) is best for building new muscle. And weight training within the 15- to 20-plus-rep range helps pump blood into the site that's in play. I recommend my athletes explore all these rep ranges, as they all have unique benefits to the body.


If you are a dedicated endurance athlete who is looking to gain some muscle and strength, begin by working your way up in weight, starting with the bar. Rep counts should be high while the weight is light. Slowly decrease the reps set by set as the weight increases. Work all the way up into your heavy working sets. And after the heavy working sets are complete, begin to decrease weight while the rep count goes back up. A typical squat session that abides by this logic might look like this:

Warm-up: Empty bar x 10; 135 (61) x 10; 225 (102) x 6; 275 (125) x 4

Heavy working sets: 305 (138) x 3; 315 (143) x 3; 325 (147) x 3

Hypertrophy: 255 (116) x 8; 255 x 10; 255 x 12

Volume: 185 (84) x 15; 185 x 18; 135 (61) x max reps

So if you have a significant other who's dragging you into that 10K or half-marathon because you said you'd support her, be sure to integrate weight training into your program. By keeping up your strength and not doing too many miles too soon, you can stave off an unfortunate injury and save yourself a lot of work. Be smart. Sometimes less is more. And remember that weight training is always the key to life. 

INBA QUEENSLAND TITLES 2015

With more than 400 competitors, 2015's Queensland titles were definitely big and bronzed in the Sunshine state.

Report and photography by Darren Burns

A new star emerged at the 2015 INBA Queensland Titles: Josh Hampson, at only 21 years of age, became the youngest person to take out the state's Overall Bodybuilding title. A few years ago, Josh made his debut in the Teenage division, winning both state and national titles. A year away from the stage was spent developing and refining his physique and the results were outstanding. Under the guidance of Nathan Wallace and the team at Hold Your Own, Josh has shown tremendous improvements and his conditioning was certainly the best of the event.

Other highlights on day one of the massive two-day event saw Donna Allison's continued domination in Women's Bodybuilding. Likewise, in the Men's Masters Bodybuilding, experienced competitors Peter Carmichael, Peter Russell and Col Briskey all scored victories in very competitive classes in the 40+, 50+ and 60+. John Rigby continues to impress in the 80+ division, proving age is no barrier in this sport.





Overall Men's winner Josh Hampson.

INBA QUEENSLAND TITLES 2015

Ace Sutton Suitauloa displayed plenty of well-conditioned muscle in earning wins in the Men's Novice Class 1 and Men's Open Class 2. In the Men's Open Class 1, BK Kesselly had a hard-fought battle to hold off the much-improved Kent Nestler for first place. BK also took out the Men's Under 72 kg title.

The Figure divisions saw the emergence of many new competitors who showed considerable potential in addition to the more experienced competitors. Angie Hewison looked fantastic in the Ms. Figure Masters 40+ division, with newcomer Jen Boyle close behind in second place. Jen was also awarded first in both the Ms. Figure Open Class 3 and Novice Class 2 divisions. Another multi-divisional winner was Rachel Growden, who won the Ms. Figure Open Class 2, Ms. Figure Under 52 kg and the overall Ms. Queensland title. Tara Pickham was much improved with better shape and conditioning than previous outings and was rewarded with first place votes from the judges in the Ms. Figure Under 57 kg division.



Ms. Figure Overall
Rachel Growden.





Masters Men 40+.



INBA QUEENSLAND TITLES 2015

Day two featured the INBA Angels, Bikini, Fitness and Physique divisions. The Angels division is always a spectacular way to open the day's proceedings and this year's costumes were no exception. The skill and dedication that went into producing each outfit was clearly evident. Ms. Poison Ivy, Phoebe Cooper-Jackson, complimented her unique outfit with a sparkling personality and was a well-deserving winner.

Another highlight was Mikaela Williams placing first in the Ms. Bikini Under 21, Bikini Novice Class 1 and the Bikini Open Class 2. Micayla Dixon was another who also had a big day in taking out the Bikini Novice Class 2, Ms. Bikini Open Class 3 and the Ms. Bikini Overall titles.

Jade Dumont, competing in the Ms. Fitness Model Mumma Under 35, Ms. Fitness Open Class 2 and Fitness Open Class 4 divisions, presented a good balance of muscle mass, conditioning and stage presence and was rewarded with all three wins. Jade was also presented with the overall Ms. Fitness model title.



Overall Ms. Bikini
Micayla Dixon.



Men's Physique Novice Class 3.



Ms. Bikini 21 and
Under.



Teenage Men.



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INBA QUEENSLAND TITLES 2015

Newcomer Alex Van de Pitte looked magnificent in winning the Overall Male Fitness title, as did Michael Lindeback in taking out the overall Men's Physique title. The quality of both divisions has improved by leaps and bounds since it was first introduced several years ago and its acceptance by the competitors will ensure that these divisions will continue to increase in popularity.

Once again, INBA national vice-president and Queensland promoter Jason Woodforth and his team did a stellar job in putting on an event of this magnitude. All the competitors' needs are considered and looked after and this makes the whole process of competing that much easier. Also, from a reporting side, it's fantastic to work so cooperatively with a professional promoter who understands the value of using technology to enhance an event and using social media to their advantage in keeping people informed. Based on the numbers and growth in recent years, it is quite possible that next year there may be over 500 competitors, smashing yet another record. 



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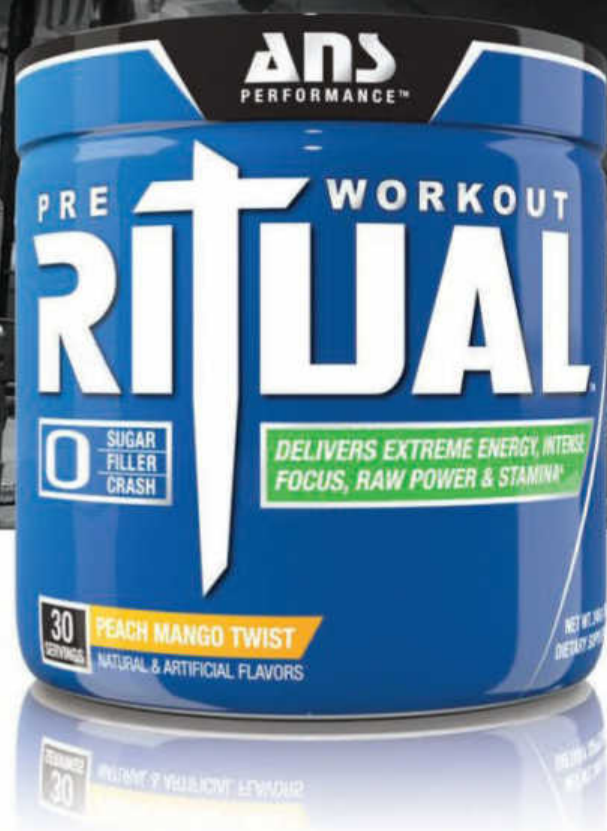
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TIRELESS COMPETITOR

**TIRELESS IFBB BIKINI PRO
NARMIN ASSRIA TORE UP THE
COMPETITIVE STAGE IN 2015
AND LOOKS TO HAVE AN EVEN
BETTER 2016 AHEAD.**

**BY DR. CATHERINE BEGOVIC
PHOTOGRAPHY BY BINAIS BEGOVIC**

There are thousands of bikini competitors in the world. Of them, Narmin Assria is one of the best. I remember first seeing Narmin in 2012, competing in the West Coast Classic, a US national qualifier. She won first place in her division and then went on to take first at the USA Nationals and get her pro card. When I saw her on that stage, there was something about her that stood out: She had the 'it' factor — her stage presence, confidence, determination, and an obvious love for competing. That 'it' factor has brought her multiple wins over the last few years, including top five at the 2015 Mr. Olympia. »



HARDBODY: NARMIN ASSRIA

Dr. Cat Begovic: Tell us a little bit about yourself and your background. Where did you grow up? Were you always athletic?

Narmin Assria: I was born in Chicago, and I moved to California when I was about four years old. I come from a big family. I have four brothers and five sisters; it's awesome having a big family. There is never a dull moment! As a teen I was very active; I loved playing sports. I have always been the most determined and competitive person when it comes to any type of activity. That's probably why I love competing so much. I am always trying to better myself in any way possible, on and off the stage. I was also very active when it came to high school performance. I danced all four years and still love dancing and putting on a performance.

CB: So 2015 was a big year for you. Tell me more about it.

NA: Yes, it was an amazing year for me, and I feel truly blessed to be able to compete at the Olympia. I have been honoured to step on the Olympia stage the last four years. It's truly an amazing experience. I just got done competing this past weekend and was able to win back-to-back shows. First, I went out to Iowa and defended my title for the third time this year. Then I came home to LA the following week and was able to take home the win there, too. I ended my season with a bang! I am ready to have some time off and recap all of my accomplishments this year.

CB: What do you love best about competing? What do you hate?

NA: The thing I love about competing is that I get to travel all around the world and meet such amazing people along the way. I met some of my closest friends doing what I love. I love that I get to inspire women daily to go after their goals and truly believe anything is possible. I love being in charge of sculpting my physique into the body I want. It pushes me on a daily basis to know that what I do at the gym and what I put into my body can really change my look. Competing puts a routine in my daily life. I get up, do my fasted cardio, come back home, and get the day started. I don't mind competing all year because I enjoy it so much. There really isn't anything I hate. The only thing I can think of is being away from family because of travelling so much. ▶▶



NARMIN ASSRIA

AGE: 27

LIVES: Murrieta, California

LIKES: Shopping

DISLIKES: Fish

FAVOURITE VACATION SPOT: Miami

LISTENS TO: Hip-hop,

FAVOURITE MOVIE: *White Chicks*

FAVOURITE CHEAT FOOD: Burgers

FAVOURITE QUOTE: "A fit body is the ultimate fashion accessory."

SPONSORS: Reaction Nutrition, Celestial Bodiez

TWITTER: @narminasria

FACEBOOK: narminbikinipro

INSTAGRAM: @missnarmin

CB: You and Jeremy Buendia are a true power couple in the world of fitness. He won the Men's Physique Mr. Olympia for the second time this year, and I know that behind every man's success is an amazing woman. What's it like being part of a fitness couple?

NA: Honestly, being with Jeremy has been awesome. Having his mentality and motivation around me really pushes me to better myself. I don't know what I would have done without him. He's truly my inspiration. Having the mindset that I'm number one and I'll work as hard as I can to make that happen is how I think, and he has that same mentality. We definitely feed off of each other when it comes to hustling in and out of the gym.

CB: Do you guys train together? When you get closer to competition, does it get more stressful?

NA: We train together every day. We do everything together, from the time we wake up to the time we go to bed. We do fasted cardio in the morning, then train together in the afternoon. I find it really easy working together, and I find myself motivating him just as he motivates me. When it gets closer to show time, we still have each other's backs regardless of how stressful it can get.

CB: Do you give each other advice, or does one person take the lead?

NA: He gives me more advice, and that is amazing. I definitely saw a change in my physique training with him. He also taught me different ways to target certain muscle groups to make them pop.

CB: What does your training and diet look like?

NA: Fasted cardio is a must right when I get up. I take a scoop of my BCAAs with me while I'm on the StairMaster.

Monday: Legs and glutes

Tuesday: Shoulders

Wednesday: Back

Thursday: Biceps and triceps

Friday: Off day, just cardio

Saturday: Shoulders and calves

Sunday: Glutes and hamstrings ►►



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BEHIND
THE SCENES
FOOTAGE OF
NARMIN'S
PHOTOSHOOT

HARDBODY: NARMIN ASSRIA

I usually do my cardio in the morning, but depending on my weight and how far out I am from a show, I do more or less. My coach, Kim Oddo, will usually take a look at me, and that's how we determine how much cardio I end up doing. My diet is clean for the whole prep. I stick to chicken, turkey, egg whites and steak for protein. I usually get about four ounces (113g) with each meal. For my carbs I only use oatmeal, sweet potato and brown rice; however, I found myself manipulating my carbs at the end of my prep because I was so lean and my coach gave me sweet potato fries or white rice. It's amazing what your body can do when you're so close to a show and how things start to look. My favourite veggies were always my green beans.

CB: What kind of supplements do you take?

NA: I used Reaction Nutrition while prepping for all my shows this year — my go-to supplements were the Amino Action, Pre Action, and Lean Action. Amino Action helps with building muscle, and with as much cardio and how much I train, it's the number one supplement I make sure is on hand. It also helps with recovery, and that is really important so I can get up and train the next day. Pre Action gets me wired and pumps me up to get through my workouts. I love the pump I get! It increases my focus and performance while I'm training. Lean Action is my go-to fat burner. It's the best pick-me-up, especially when I get up in the morning and feel exhausted.

CB: What's your favourite body part on yourself?

NA: Glutes and my shoulders.

CB: What's your favourite body part on guys?

NA: Chest and shoulders.

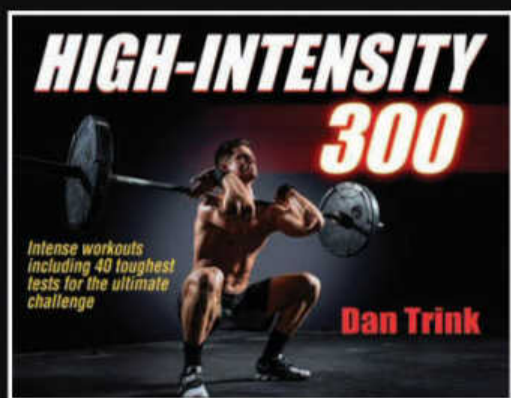
CB: Your pictures for this feature are incredible. What was it like shooting for Iron Man? What were some of your favourite pictures?

NA: I had one of the best times shooting with *Iron Man*! These are probably some of my best images I have ever seen. My favourite pictures were the ones in my jean shorts and gray sports bra! They are seriously flawless images! I was in love when I saw them, and I can't wait to see more! 📸





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Stem the Tide

By Brett Osborn, DO, FAANS, CSCS & Jay Campbell

Are you doing all you can to stay young? Check out these 10 steps for optimum aging.

Data is everywhere. The dawn of the internet has afforded us fingertip access to information at lightning speed. In a split second the mass of data grows geometrically, but so does the interference, if you will. The internet is a platform for millions of opinions, and there is no filter for the uninformed or ridiculous. So how does one parse the data? How does someone filter out the essentials from the background noise?

First of all, take a step backward, or maybe two, and default to the basics. Instead of being victimised by the online huckster peddling meritless advice, defer to that quantum computer resident between your ears. Rely on logic instead of emotion to guide your actions.

1. Make health a priority: This is your first step, without question. A healthy vision begets a healthy body. You must 'see it' first. Don't expect your doctor to do this for you. Take charge of your health.

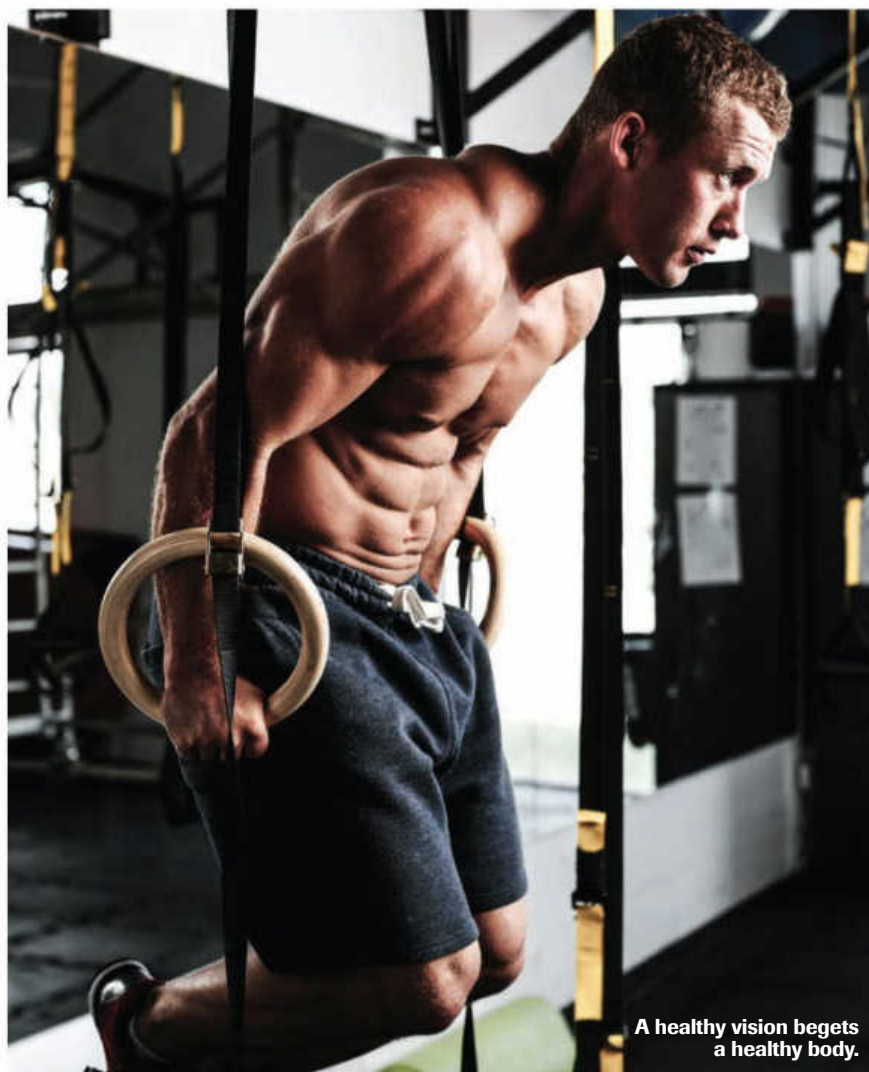
2. Get your blood work done: Start gathering hard physiological data. Health is a function of one's biochemistry. So why not take an internal snapshot of your biochemistry? A low-cost blood draw will afford you a bird's-eye view of body inflammation, insulin sensitivity, vitamin, and hormonal levels. These are measurable numbers you can act upon.

3. Consult with a progressive physician: Guidance is critical. Seek out credentialed professionals with board certification in anti-aging medicine. Does your physician stay current with emerging research? Does he practise what he preaches? Hypocritical as it may be, there are both cardiac surgeons and pulmonologists who still smoke.

4. Strength train: Iron is the most critical element in your quest for rejuvenation. Lean muscle mass (both its acquisition and its presence) exerts many health benefits. Unlike fat, muscle is metabolically active tissue

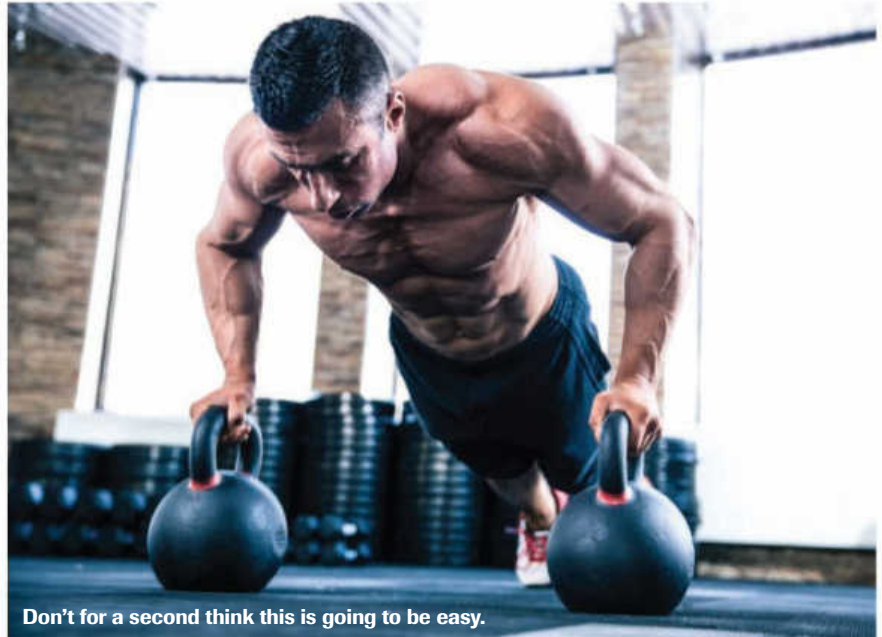
and by virtue extracts glucose from the bloodstream, improving insulin sensitivity, thereby reducing one's likelihood of diabetes. In physique-conscious athletes who eat mostly low-glycemic carbs, muscle utilises fat as an energy source for ATP generation. You want to shed that spare tyre around your waist? Amass muscle. You want to stay mentally sharp? Same answer. All the information points to the same conclusion. Adopt any of the training programs published in *Iron Man* and make them yours.

5. Seek professional help: This goes for anything but is particularly important for those of us engaged in heavy strength training. If you want to progress like a pro, train like one. Shy away from peers who dream big but never deliver because of their flawed technique and the resulting injury. Instead, seek out instruction from a professional who will perfect your movement and, more importantly, keep you safe. And steer clear of the newbie diplomat with the weekend certification from the trendy proprietary training system.



A healthy vision begets a healthy body.

6. Understand insulin's role: What is the single proven life-extending modality in experimental animal models? Caloric restriction, known as CR. Potentially translatable to humans, the benefits of CR are purportedly derived from the low-insulin state in which these individuals exist. Believe it or not, the genes that get 'switched on' in calorically depleted individuals are protective of the body and thought to confer longevity. We're not suggesting that you adopt the CR lifestyle; we are, however, saying that low serum insulin levels are associated low bodily inflammation and a lesser incidence of age-related disease. Insulin levels are easy enough to check. It's a simple lab test. Strive for low levels by maintaining reduced carbohydrate consumption, particularly if you are trying to shed fat. You may also consider checking hemoglobin A1c, or glycosylated hemoglobin, levels, as this is a direct



Don't for a second think this is going to be easy.



Lean muscle mass exerts many health benefits.

measurement of long-term glucose control. Shoot for levels of five or less. Resveratrol, cinnamon and chromium supplementation will assist in this regard.


7. Consider carbohydrate cycling and intermittent fasting: In the context of the above, consider these two strategies to maintain low body fat levels, which reduce bodily inflammation, a catalyst for age-related disease. While schematically different, they exert their salubrious effects by favourably

modulating insulin levels. If you haven't done so thus far, in your mind start to equate lower bodily insulin levels with improved health and longevity.

8. Educate yourself: This is critical. Expand your health-knowledge base. Do not rely on your physician in this regard. Read voraciously and come to your own individualised conclusions. And most importantly, ask questions. Consider it an investment in your future. Reading promotes neurogenesis, or the

formation of new brain cells. Put simply, smart people read. Check out our books *Get Serious* and *The Definitive Testosterone Replacement Therapy Manual* for excellent resources that are relevant for health-minded individuals.

9. Sleep: Misunderstood for centuries, sleep remains the unknown frontier. And while its inner workings have remained elusive to human probing, sleep is the understated element of health. Consider for a second how we learned about the functionality of different brain regions. Wartime surgeons would witness an injury to a certain region of the brain and the resulting loss of a particular function: paralysis in the case of frontal lobe injury, or visual loss in the case of occipital lobe injury. The same goes for sleep, except its dysfunction has much more sinister implications. It's like a bullet to the brain, albeit a much slower process. Lack of sleep predisposes one to a whole host of diseases, including obesity, diabetes, cancer and neurodegenerative diseases such as Alzheimer's.

10. Commit for life: Don't for a second think this is going to be easy. The Western world's health burden wouldn't be increasing if that were the case. But don't be discouraged! A chronologically aging body is not necessarily a biologically aged one. You can stem the aging tide with knowledge, execution and defiant conviction. 

Muscle Movie News

By Clint Morris

THE ROCK RETURNS TO THE '80S

Following their success with *San Andreas*, Dwayne Johnson and New Line Cinema have reunited for an untitled action comedy vehicle. The plot is still cloaked, though the flick is said to be akin to an '80s buddy action comedy, ala *Midnight Run*, *48 HRS*, etc. Will Gluck (*Easy A*) will direct from a project written by Dave Callaham (*The Expendables*).

Johnson is currently shooting the big screen version of classic small screen smash *Baywatch*.



HATEFUL EIGHT UNCHAINED

Quentin Tarantino's latest flick *The Hateful Eight* originally started out as a sequel to the 2013 offering *Django Unchained*, according to the filmmaker.

The writer-director, known for toying with sequel ideas to his films, said his Kurt Russell-starrer was originally conceived as a possible follow-up to his Jamie Foxx antebellum Western.

"After doing *Django* I knew I didn't want to do any *Django* movie sequels or anything, but I liked the idea of there being several paperbacks that could be the further adventures of Django or maybe go back in time, a couple more Django/Schultz adventures," Tarantino told interviewer David Poland. "So I hadn't written a novel before and I thought I would just try my hand at writing a Django paperback. At the time, it was called *Django in White Hell*. Instead of Major Warren (Samuel L. Jackson's character in *Hateful Eight*), it was Django."

Django, says Tarantino, just didn't fit into the *Hateful* scenario well.

"Because I was introducing such rough characters in this piece, and there would be even more disreputable characters waiting for them, at a certain point I realised, 'Well, you know, what's wrong with this piece? It's Django. He needs to go. Because you shouldn't have a moral centre when it comes to these eight characters.'"



1st LOOK THE LEGEND OF TARZAN

A new poster and images from *The Legend of Tarzan* have been released.

In the film, Alexander Skarsgård stars as the titular Tarzan, with Margot Robbie as Jane.

Samuel L. Jackson, Christoph Waltz and Djimon Hounsou also star.

David Yates is directing the latest take on Edgar Rice Burroughs' 1912 novel.

In the film, it has been years since the man once known as Tarzan (Skarsgård) left the jungles of Africa behind for a gentrified life as John Clayton III, Lord Greystoke, with his beloved wife, Jane, at his side. Invited back to the Congo to serve as a trade emissary, he is unaware that he is a pawn in a deadly convergence of greed and revenge, masterminded by Captain Leon Rom (Waltz). But those behind the murderous plot have no idea what they are about to unleash.



STALLONE OUT AS RAMBO

Sylvester Stallone won't be involved — not as executive producer, not as an actor — in the recently announced *Rambo* TV series. Reports suggesting the *Creed* actor would executive produce and likely reprise the role of John Rambo in the *Rambo: New Blood* series isn't correct. Seems the big guy doesn't want anything to do with it.

"Contrary to reports, Sylvester Stallone has opted not to participate in the planned *Rambo* television series in any way at all," a spokesperson for Stallone said. "I wish the others well with the project."

Frank Stallone available?



1st LOOK X-MEN: APOCALYPSE

The new poster for *X-Men: Apocalypse* has been released.

Apparently Hugh Jackman-less, this latest one sees the *First Class* crew taking on an immortal and invincible rogue known as Apocalypse (Oscar Isaac). The film also stars James McAvoy, Michael Fassbender, Jennifer Lawrence, Nicholas Hoult, Rose Byrne, Olivia Munn, Evan Peters, Kodi Smit-McPhee, Sophie Turner, Tye Sheridan, Alexandra Shipp, Lucas Till, Josh Helman, Lana Condor and Ben Hardy.

X-Men: Apocalypse opens in May.



SUPERHEROES FOR HIRE

We've yet to even see him in his first go-round as Batman but already Ben Affleck's prepping for his third.

Shortly after *Batman v Superman: Dawn of Justice*, the latest Caped Crusader reprised the role for spin-off flick *Suicide Squad*. Both films hit theatres next year. Currently, the Oscar winner is developing a standalone Batman project, reportedly based on the *Under the Hood* comic storyline, which he'll write, direct and star in.

That particular storyline features appearances from Gotham faves like Nightwing, the Joker and, as the title implies, Red Hood, so there's a fair chance they'll show up in the film version. However, according to *Latino Review*, one of the rogues from next year's *Suicide Squad* might be one of the film's main co-stars.

According to the site, Will Smith's Deadshot character will have a major role in *The Batman* (said to be the title of the film — at the moment). The site suggests the eye-patch-wearing sharp-shooter might even be teaming up with Batman to fight the forces of evil in the movie. Wait for confirmation, but cool idea.



AT THE CINEMA

**IN THE HEART OF THE SEA** (Roadshow)

The crewmen of the New England whaling vessel 'Essex', led by official captain George Pollard, Jr. (Benjamin Walker) and unofficial captain Owen Chase (Chris Hemsworth), haven't collected much whale oil at all when a massive sea elephant attacks the ship. The whale gives the boat a good bashing and leaves the crew splashing about in the ocean. Gallant spear-shooting, important speeches and a meaningful meeting between man and monster follow.

Ron Howard's latest resembles...well, a Ron Howard movie. No offence to the man — heck, we love Richie Cunningham, right? — but when you spot common threads in a whole back catalogue of movies, clearly it's time for a moviemaker to give the job a bit more elbow grease. Howard, who has given us such classics as *Splash!*, *Cocoon*, *Backdraft* and *Parenthood* makes a certain type of film: an innocuous PC studio picture that's usually half-full of fluff, half full of commendable performances that often win awards (by guys with surnames like Hanks or Crowe). And though Howard returns to that same tone with his latest, nobody will be walking away with any accolades from *In the Heart of the Sea*. When it's not annoying you with its unashamed overuse of computer generated waves, colossal sea monster and damaged dinghies, it's letting Aussie Chris Hemsworth speak in an all-over-the-place accent that would only be fit for a dust panning sing-song at Sovereign Hill. Hemsworth might be able to lift the big-ass hammer, but he certainly can't pull this thing up.

**CREED**

(Roadshow)

If that Golden Globe nomination for Sly Stallone didn't already tip you off, *Creed* is Rocky redux. And I don't mean Rocky [insert roman numeral here] but Rocky — the original gritty, no-frills classic that relied more on performances than it did on Survivor tunes and James Brown cameos. Director Ryan Coogler has stripped the prehistoric franchise back to basics, giving Stallone's furrowed, aged Balboa something to do, and given a spin-off a plausible, entertaining reason to be: in this case, the relatable yarn of a troubled youth who, looking for some kind of purpose or motivation, seeks solace in boxing...just like his late father, the great show pony himself, Apollo Creed. But in order to become as great as his pop, young Adonis Creed (a terrific Michael B. Jordan) will need more than a good pair of gloves and silk shorts; he'll need the retired master of the game to help him become all he can be. Cue the Rocky theme. In all seriousness, folks, this is one of the best films of 2015 — and we never even saw it coming!



AT HOME

THE LAST WITCH HUNTER (Disney)

If there's one thing you can say about Vin Diesel, it's that he's always up for a challenge. Whether it's flexing both his acting muscles (and pecs) in action jaunts like *xXx* and the *Fast & Furious* series, showing off his dramatic chops in heavier fare like *Find Me Guilty* and *A Man Apart* or doing a lot with a little as a barely-talking tree — that completely steals the show! — in *Guardians of the Galaxy*, the tonsured headline act always jumps in dauntlessly, hard and with everything he's got.

With *The Last Witch Hunter*, Diesel again gets to play in a completely different sandpit than usual — in this case, a large-scale fantasy movie, playing a sword-wielding immortal. Kaulder (Diesel) is a witch hunter, brokering the peace between bad witches and good humans. But when the peace is threatened, only Kaulder (and his partners in peace) can save the day. Michael Caine and Elijah Wood play the helpful priests that assist Kaulder on his lengthy mission, while Rose Leslie is a sorceress whom Kaulder falls for. Diesel looks like he's had a great time making this one — he also produced it — but sadly his experience isn't infectious, with the end result being a rather hollow mesh of yawn and seen-it-all-before.



JARHEAD 3: THE SIEGE (Universal)



Pretty much standard direct-to-video stuff, though Scott Adkins' — who has a supporting role in the film — presence might pull a few martial arts or action fans in.


Corporal Evan Albright (Charlie Weber), new to the Marine Corps security guards, is a little disappointed with the jobs he's being assigned. His latest is to keep people away from the gates of a safe US embassy in the Middle East, which he does while playing video games with his fellow marines. Not expecting anything exciting, let alone dangerous, to happen, Albright and his team are caught by surprise when armed militants launch an attack aimed at killing an informant in the embassy. Heavily out-numbered, and without much firepower, the Marines have to use their smarts, courage and whatever firepower they can get their hands on if they're to stop the attack before it spirals into war.

Rent the original again; it was great.

FROM DUSK TILL DAWN: SEASON 2 (Fox)

Based on the 1996 movie directed by Robert Rodriguez and written by Quentin Tarantino, the second season of TV's *From Dusk Till Dawn* continues to chronicle the wickedly exciting — and sometimes perturbing — adventures of the Gecko brothers, the Fuller family and the shadowy *Culebra* underworld.

It's now three months after the Geckos freed Santanico from the vampire bar. Seth and Kate are lost in Mexico somewhere, while Richie and Santanico are plotting vengeance against the *culebra* (vampire) lord who trapped her. Soon Ranger Freddie Gonzalez decides to act on some nightmarish visions he's been having, which leads to a rather gruesome discovery. Back at the vampire bar, Carlos has emerged from the labyrinth, pushing Malvado's plans into motion.

Like action? Like blood? Like laughs? You'll probably like this; it gets a bit tiresome after a while, but an episode here and there is perfectly tolerable. 



6 Common Training Errors

By Ingrid Barclay

Ingrid goes over her most-seen common mistakes made in the gym, plus answers more reader questions on nutrition and training.

Human beings are hardwired for self-preservation, and hard work is a dirty phrase for some.



Q: I have a training buddy who I think might benefit greatly from fixing some common mistakes made in the gym, especially by new, enthusiastic trainees. What would be your top five or six common mistakes?

A: This is always a great question and although there will probably be no surprises in here, I think that if new lifters read these and really look at their training objectively, they could really profit from heeding the following information. And besides,

it's never a bad thing to have a refresher course.

1. Not keeping track of your training lifts

There is a saying that goes 'sling weights and hear the crash of metal'. There is not much point going into the gym without a) a game plan and b) a means of recording and tracking your exercises performed, number of sets and number of reps. And yet thousands upon thousands of trainees do because I rarely see people recording as they

train. I say this over and over again but clearly people are not grasping the importance of tracking and recording. I feel that your bodybuilding life is a series of programs and training blocks whereby you measure, prescribe, perform, track, measure assess and, if necessary, re-prescribe. Ignore at your own peril and detriment I say.

2. Not enough focus on improving strength

I believe that the fastest way to grow muscle is to lift more weight and

to focus on building and increasing your strength. Therefore, I believe focusing on purely hypertrophy and training in 'hypertrophy' mode slows down a trainee's gains. On the other hand, utilising programs that allow you to train at a higher intensity and focusing on improving your lower rep range lifts, in particular with your pinnacle lifts, will also allow you to train with bigger weights in your hypertrophy training.

Therefore, I would advocate that a lifter know what their one-rep maxes are on squats, deadlifts and bench press, and possibly a military press, and work to improve these, and re-test them every six months. This will provide great feedback as to whether you are getting stronger. Of course, because you are applying tip number 1, it will be easy for you to read the numbers and know conclusively.

Strength is the adaptation that leads to all other adaptations that you really care about: hypertrophy, joint integrity, power, insulin sensitivity, optimised hormone levels, self-respect, injury resistance and all-round badass attitude. Chase it and the physique will follow.

3. Poor exercise selection

For all the squat and deadlift memes posted on Facebook I see, these sections of the gym are constantly remarkably empty at the expense of busy lying leg curls, leg extensions and stations with biceps cable curls and triceps pushdowns. Human beings are hardwired for self-preservation and hard work is a dirty phrase for some.

Before long, almost anything else starts to look more inviting than sweating, grunting and putting in whole-body effort. Sometimes it can be really freaking daunting hitting the gym to try to put more weight on your bent-over rows and pressing more weight on your military press that you are almost scared! And this is why so many blokes stop asking more of themselves strength wise and opt for other 'methods' of training that make them feel like they are working hard. But they take their foot off the pedal with the heavy weights. And yet they want the 'gainz'?!

Aiming for a great chest and going in armed with flies, cable crossovers and pullovers is like trying to win a war with pop guns. How about waging

There is not much point going into the gym without a) a game plan and b) a means of recording and tracking your exercises performed, number of sets and number of reps.



Michael Neveux

your war with the heavy artillery: bench presses, floor presses and dips? Far more effective.

4. Chasing DOMS

Somewhere along the line, someone got the idea that the sorer you are the more effective your workout was, and this myth has managed to prevail in gym folklore ever since. The concept of progress and progression again got lost. I heard it once being referred to as the 'blunt-force trauma theory of hypertrophy'. It's kind of like, well, if I

beat you with a hammer for an hour or so, growth and gains should occur...I don't think so. Understand that there is a place for experiencing DOMS but that it is not a good indicator of whether or not your workout was good, nor that you are adding additional muscle.

5. Using too much variety for no clear reason

I find this mistake can often tie in with mistake number 4. Novice trainees who don't know any better can mistakenly think that when they

start to adapt to their basic exercises and get improved motor skills and then stop pulling up sore, that those exercises are now 'not working'. You hear gym rats spout changing exercises for 'shock value', to jolt the muscles into growth. And therefore no two workouts are ever alike and each one on their own represents a mish-mash of exercises, often including peculiar ones with little muscle-building merit. But because the trainee got DOMS, they continue to randomly include them. Random being the operative word.

Always stick to the basics and use your auxiliary choices according to your own personal weaknesses to try to bring them up to speed. Always continue to work and improve your basic movement patterns.

6. Chasing the 'perfect rep'

Finally, my last biggest mistake commonly seen would be an overemphasis on focusing on form. Yes, form is imperative. And yes, prevention of injury should be the number-one consideration. And yes, mind-muscle connection and activation of the correct working muscles are also important. But I still see a lot of trainees not having regard and respect for the nuances of form and momentum.

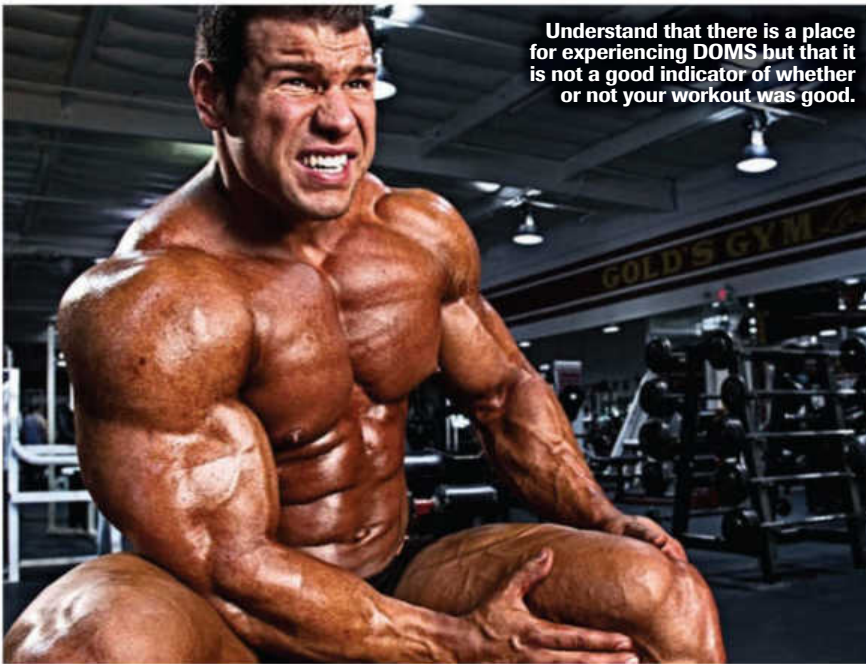
You need to lift weights with purpose. You need to be 'purposeful' when going about your set. You CAN even use a little momentum, providing you keep your cadence and tempo under good control. Tapping into a bit of explosiveness can be great for overcoming plateaus, getting the last couple of 'money reps' done and allowing for further progression next week. Don't lift like a grandpa.

Tapping into a bit of explosiveness can be great for overcoming plateaus, getting the last couple of 'money reps' done and allowing for further progression next week. Don't lift like a grandpa.

Focusing on purely hypertrophy and training in 'hypertrophy' mode slows down a trainee's gains.



Michael Neveux



Understand that there is a place for experiencing DOMS but that it is not a good indicator of whether or not your workout was good.

Jason Mathas

Q: My wife and I both train, so I've been wondering: should females train differently to men? Also, my wife has been using creative but she has recently fallen pregnant. Should she stop taking the creatine?

A: Generally, both men and women should train the same, especially if the end goal is to gain more lean mass. The means should be the same: lift weight, lift with good form and lift heavy. Most obstetricians would recommend your wife getting off creatine due to the retaining of water and also the increase in blood pressure.

Q: When is the best time to train?

A: The best time to train is the time that you can commit to the gym and not skip your workouts. However, research does show that growth hormone levels in both men and women are higher in the morning. GH is also released with weight training. Therefore, training hard in the morning may exert some kind of synergistic effect where you can increase GH levels even further. GH affects your progress in two ways. Firstly, GH causes fat cells to break down, ultimately making you leaner. Second, GH causes muscles to 'uptake' amino acids from protein foods. The muscles then incorporate these amino acids into its structure. The result is new muscle growth.

Q: I hear lots of different opinions as to how much water to drink on a daily basis, with lots of people suggesting that my urine should be clear. Is this true? And does the water in my coffee, which I drink a lot of during the day, count towards my daily water intake?

A: The clarity of your urine isn't necessarily an indicator of whether you are hydrated or not. Lots of different things can contribute to the colour of your urine. For example, if you take any of the vitamin B complex vitamins, you will have a very orange/yellow colour. A lot of indices have been investigated to establish their potential in markers of hydration status. Body mass changes, blood

indices, urine indices and bioelectrical impedance analysis have been widely examined. The current evidence and opinion tend to favour urine indices and in particular urine osmolality as the most promising markers available. Urine osmolality is the concentration of urine to solutes such as electrolytes, vitamins etc. It requires a urine test; this is something that your GP will be able to do if you are interested.

Being a coffee drinker myself, my understanding is that caffeine consumption is hydrating for people who are used to caffeine. It is true that caffeine acts as a diuretic, but in people who are used to drinking it, its diuretic effect is minimal. So that means if you do drink tea or coffee, it does count towards your water intake but water in my opinion is still your best bet.

It is true that caffeine acts a diuretic, but in people who are used to drinking it, its diuretic effect is minimal.

Q: I live in Queensland, where fresh seafood and tropical fruit is easily accessible and, more to the point, I really enjoy both. However, I am competing in season A 2016 and have been told numerous times that fruit is something that I need to avoid in order to get really shredded due to the sugar content, and also that I am best to stick to white fish, chicken and lean red steak as my sources of protein. What are your thoughts?



The clarity of your urine isn't necessarily an indicator of whether you are hydrated or not.

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The best time to train is the time that you can commit to the gym and not skip your workouts.



Seafood and shellfish are first-class sources of protein.




Gerty

A: I believe more and more that you do not need to cut food groups out of a pre-contest diet. This practice is often unnecessary, sets up all kinds of deprivation scenarios and can contribute to the development of intolerances and sensitivities unduly. And then there is simply bad information. I know many competitors who have used seafood, and many who have used fruit very successfully, myself included, right up until the morning of the show. I believe most top successful coaches that prep competitors utilise a variety of food sources based upon client proclivities

and sensitivities, likes and dislikes. Cutting out fruits because of their natural sugars is a very tired and old myth. If you have access to fresh, ripe tropical fruit, then I think you would be foolish not to use it as part of your food sources while prepping. Fruit uptakes thyroid functioning, increases metabolism and suppresses cortisol. Fruit has a low glycaemic index and unlike starches and grains it does not require the presence of insulin to enter the cells; therefore it can help to maintain blood sugar levels while being protein sparing. Fruit you can pick off a tree, as nature intended,

tastes marvellous, is nourishing and so refreshing on the palette after your protein and fats. Not to mention they are packed with powerful anti-oxidants, vitamins and minerals.

Seafood and shellfish are first-class sources of protein. They have a complete amino acid profile and are very high in vitamins, especially vitamin B12, which is essential for every metabolic process in the body. I believe that incorporating seafood and shellfish into your diet gives you an excellent 'reprieve' mentally from the boredom of chicken, egg whites and lean red meats, and being low in calories you can easily allow for this while hitting your protein requirements. Furthermore, incorporating the fish that are higher in fats, especially the omega 3s found in salmon, trout, tuna, sardines and mackerel, ensures you won't be deficient in these fats vital to brain cognition, growth and development. Fish is a great brain food! Choose unfarmed fish from southern oceans that are characteristically low in mercury, polychlorinated biphenyls and other contaminants. 

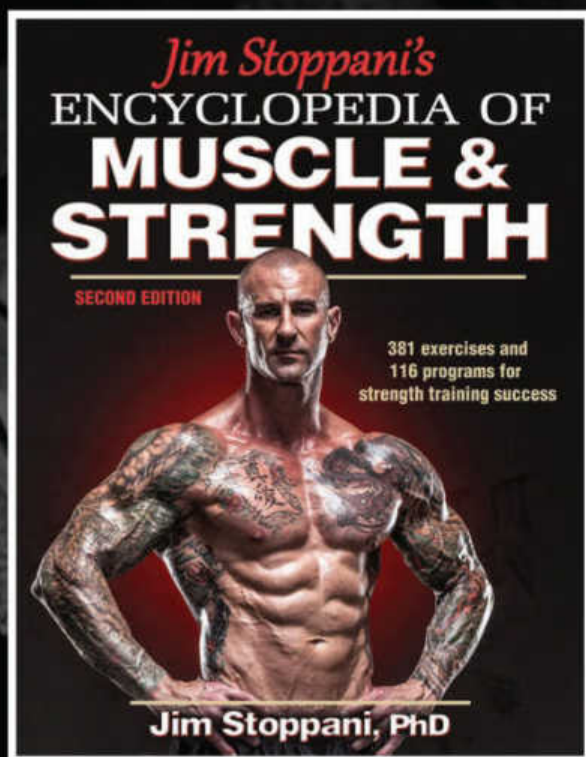
Cutting out fruits because of their natural sugars is a very tired and old myth. If you have access to fresh, ripe tropical fruit, then I think you would be foolish not to use it.



Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through ingrid@bodyconquest.com.au

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Jade Mead

Photography by Charlie Suriano

How did you come to be in the calendar?

I was lucky enough to be selected after doing a photoshoot with Charlie Suriano and Shannon Palmer (MUA). I love my images from the shoot, so I am very thankful to have them published in the Wet 'n' Wild Calendar! I am so grateful to Charlie and *Iron Man Magazine* for this opportunity. Thank you!

Where do you hail from?

I am originally from England but I moved to Perth, Western Australia when I was five years old.

What's the most interesting thing that has happened to you?

I would have to say meeting Arnold Schwarzenegger at the Arnold Classic Australia last year. I got to present trophies on stage at the pro show after placing second in the Arnold Model Search and Arnie stood next to me as I presented Dexter Jackson with his winning trophy. Arnold then grabbed my arm and made me give Dexter a congratulatory kiss for the second time [laughs]! It was definitely a surreal moment interacting with them and something I will never forget.

What did you want to be when you grew up?

I wanted to be an actress, singer and a dancer. The trifecta! I don't think I would be cut out to be an actress or a dancer now but I still love to sing [laughs]!

What is your relationship to the fitness industry?

Fitness is my life! I am a qualified personal trainer and an IFBB Figure competitor.

Tell us about an average week in the gym for you. Be as detailed as you like.

I do weight training five times a week,

WET 'N' WILD



split into body parts. I generally train each body part twice a week. I also do a few HIIT cardio sessions a week. I like to mix up my cardio so that it doesn't get boring but my fave is the prowler or Muay Thai.

What's your favourite exercise?

I would have to say any leg exercise but mostly squats, deadlifts and barbell glute bridges. I love to work on the booty!

What's your least favourite exercise?

I can't really think of any specific exercises that I don't like; maybe chest exercises.

Have you ever competed or considered competing in a bodybuilding/fitness comp?

Yes, I have been competing for a while

now. I used to compete in IFBB Bikini but I recently moved up to IFBB Figure.

What do you love most about the fitness world?

The thing I love most is how supportive people generally are in this industry. The majority of people I have come across are so lovely and supportive, even when they are competing against each other. It's nice to know that there are so many kind and caring people in the fitness world.

What do you like the least about the fitness world?

My least favourite thing would be those few people who like to judge others and be nasty for no reason. There is enough negativity in the world — let's all be kind to one another.

Tell us about your diet or nutrition plan.

I eat according to my macronutrient goals, so I track my daily protein, carbohydrate and fat intake on the MyFitnessPal app. I have a fairly high protein diet with moderate carbs and fats. When I am in comp prep my macros are reduced.

Do you use supplements?

Yes, I use whey protein daily. I also take BCAAs, carnitine, fish oil, a multivitamin and glucosamine.

What is your favourite male body part?

Probably abs.

What is your own body part that you like the best?

I would have to say my best body part is my glutes and quads.

What advice would you give to someone wanting to start out in the modelling or fitness industry?

My best advice is that we all start somewhere, so don't be afraid to start. Be confident in yourself and your abilities and just get out there and chase your goals. Life is too short to not be doing what you love.

When you get the opportunity to have some time to yourself, what do you usually get up to?

When I'm not working or training I like to go to the beach or take my dogs for a walk along the coast. I love the beach and the ocean, so I'm very blessed to live near the coast. I also like to go to the cinemas with my husband; I'm a bit of a superhero movie geek [laughs].

Who is the person you admire most from the fitness world?

Who is your hero?

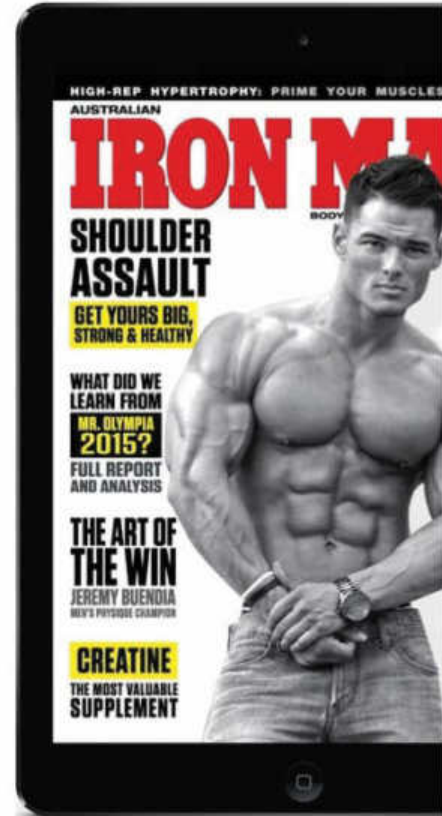
I admire Arnold Schwarzenegger for all that he has achieved in his life; his books are very inspirational. My female fitness idol is Larissa Reis because she's a badass with an amazing attitude — and an amazing figure! Thank you again for featuring me in the Wet 'n' Wild Calendar and the *Iron Man Magazine*! 🙌

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PHYSIQUE OR BODYBUILDER?

When I see Jeremy Buendia in the pages of Iron Man, I can't believe he is not a bodybuilder. He is way too muscular for Men's Physique. I thought Physique was supposed to be attainable. Jeremy looks like he should be on stage with Phil Heath!

— Ian, S., via email.

Good thing you are not an IFBB judge, Ian. Phil Heath hits the stage at about 245 lbs (111 kg), while Jeremy — who was about the smallest Men's Physique competitor at the 2015 Mr. Olympia — walks on stage at around 172 lbs (78 kg). Jeremy just presents bigger than he is because of his spectacular proportions, which is the very magic of building muscle that we are all chasing. — Ed



SCIENCE CLASS

I'm a 26-year-old male reader of Iron Man. I like the short articles at the front of your magazine, especially the ones that report on the latest scientific studies. I see that some research uses animals or women or guys who aren't in the gym as much as I am (six days a week). You should only include science stuff that deals with trained guys in their 20s and 30s since that's who your readers are.

— Chris H., via email

We'd love to only cover studies on 26-year-old guys named Chris who train six days a week, Chris. However, the universities and labs around the world that we follow are interested in a slightly larger grouping than that. We understand that an animal study or a fat-loss experiment using only obese people as subjects may not exactly replicate your life. You have to look at our information as an N=1 experiment. Some stuff might affect you while it does nothing for the next guy. Your fitness quest is to figure out what works for you. Stay curious. — Ed

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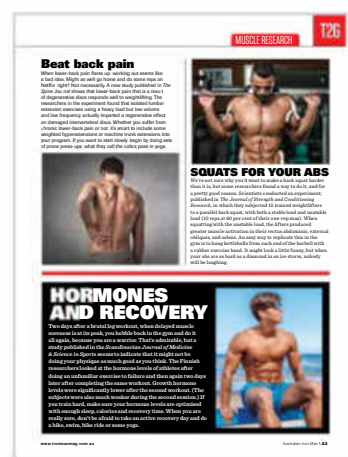
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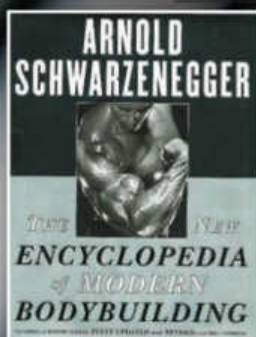
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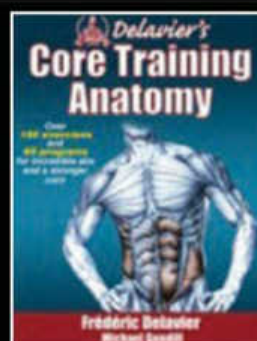
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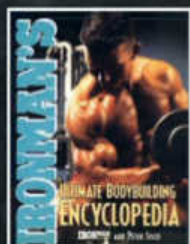
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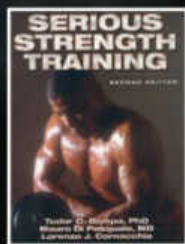


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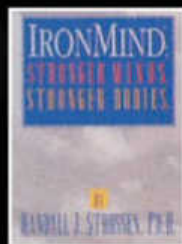
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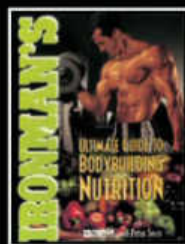
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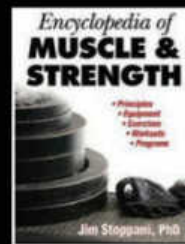
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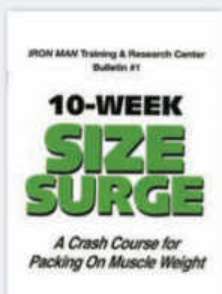


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**EXPLOSIVE ENERGY
INFINITE POWER
FULL TRANSPARENCY**

You think you can handle the nuclear intensity of our new pre workout energy amplifier, but you can't. With every ingredient dosage fully exposed its obvious to see that **Supernova is a force unlike anything you have ever experienced.** Every rep fills your veins with a massive 6000 mg of skin-tearing, performance-enhancing citrulline malate, while our exclusive 4X Energy Core Technology targets every synapse in your brain to fire in sync. This high-tech pre workout ignites your nervous system and overloads your power levels, making you smash every workout and leave the competition lightyears behind.

Are you strong enough to Go Supernova?

6000MG	1600MG	1500MG	600MG
CITRULLINE MALATE	BETA ALANINE	BETAINE	DENDROBIUM

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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